

How to get better at holding uncertainty at work

Uncertainty is something we all experience in our careers. You can't always turn it into certainty, but you can get better at holding it.

The more comfortable you become with holding uncertainty, the easier it is to stay curious, take action and keep moving forward.



Deeper Dive

Calculate your uncertainty tolerance score

Copy and paste our prompt into AI: *"I want to try the IUS-12 intolerance of uncertainty tool. Ask me the 12 questions one at a time (1=not at all like me, 5=entirely like me), total my score and explain what it means in simple language."*

Reflect on your default response to uncertainty

We all have a default response to uncertainty. Understanding yours can help you identify what's working for you and what might be getting in your way.

Think about a recent uncertain situation at work.

What was your first reaction? Did it help you move forward or hold you back?



Choose an action for your uncertainty

Not all uncertainty needs the same response.

Think about a current uncertainty you're experiencing. Is it high or low impact? Short or long term?

Then use the matrix to choose a response that best fits your situation.

