

OVERCOME YOUR FEAR OF ASKING FOR A PAY RISE IN 5 DAYS

I get it. It feels squeamish and awkward to have to ask your boss for more money but let's break it down into 5 easy steps:

- Day 1:** Know why you want it
- Day 2:** Know why you fear asking for it
- Day 3:** Write a prevention plan
- Day 4:** Write a rectification plan
- Day 5:** Understand the cost of not asking

If you complete these worksheets over the next 5 days, I can guarantee that you will have the confidence and conviction to not let your fear stand in the way of your well deserved pay rise.

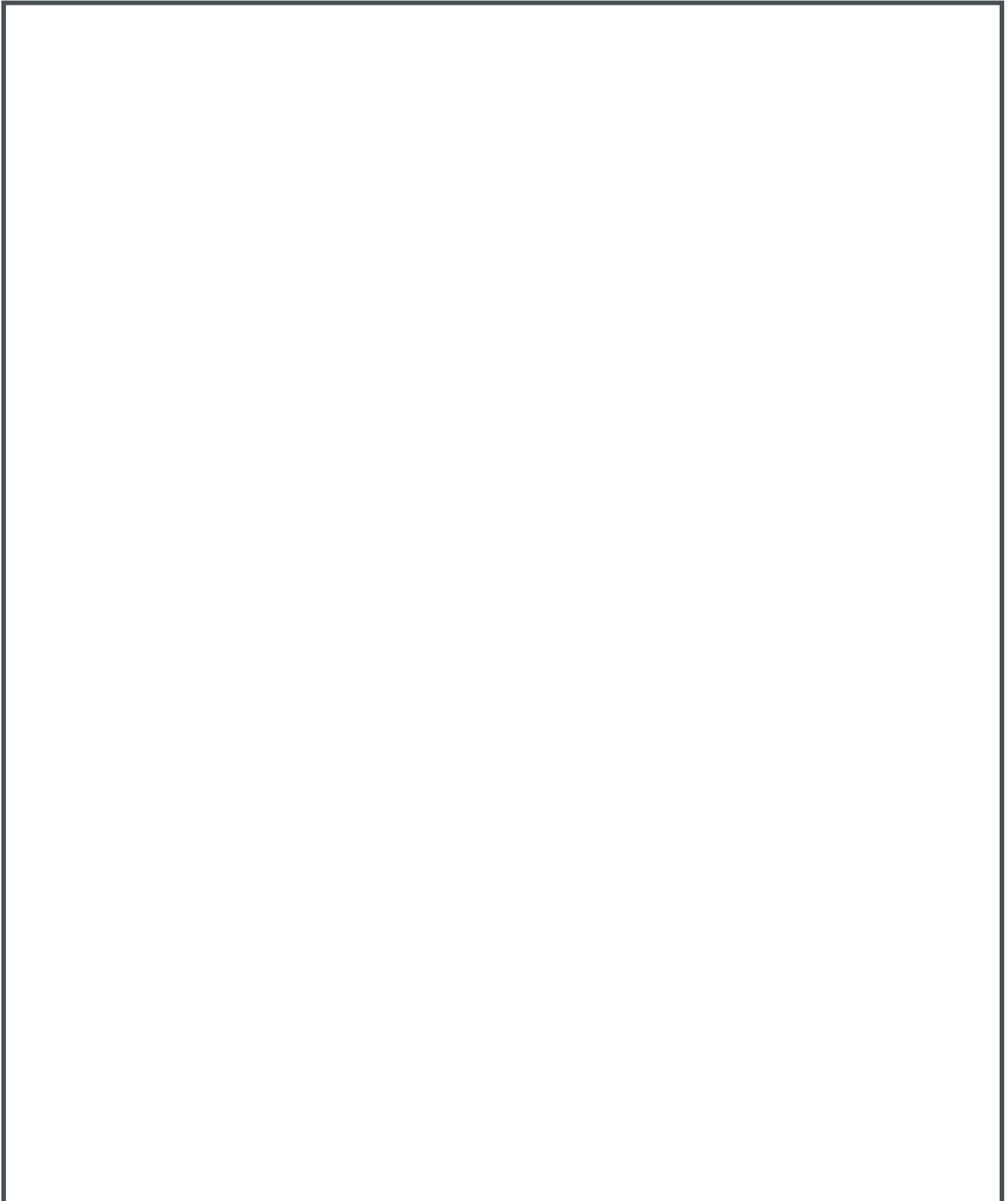
Just promise me one thing: *be completely honest with yourself.*

Remember that no one else needs to see your notes!

DAY 1

What is the REAL reason you want a pay rise?

Do a brain dump below about the benefits to you, your job, your network, your team, your family, your friends, your goldfish... Go!

A large, empty rectangular box with a thin black border, intended for a brain dump. It occupies most of the page below the instructions.

DAY 2

What are all the things about asking for a pay rise you are afraid of?

Write down 10 worst case scenarios.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

DAY 3

For each of your worst case scenarios, write down what you would do to prevent it from happening.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

DAY 4

Imagine each nightmare scenario you wrote on Day 2 came true! (Eeeeeek!)
What actions would you take to rectify each problem?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

DAY 5

What would happen if you didn't ask for a promotion? What would be the cost of your inaction?

(Think in terms of financial, social, family, happiness, motivation leadership, opportunity, goals, health...)



Does asking your boss for a promotion seem more manageable now?

Structuring your thoughts and getting them down on paper puts unnecessary fears like asking for a pay rise into perspective.

WHAT'S NEXT?

Ask for that promotion! Not sure how?

[Join the Wonder Women in STEM community](#) and speak with other like-minded women who have been in your situation.

GOT QUESTIONS?

I'm always here to support you on your career journey.

Email me at tiffany@tiffanydawson.co