



'I Don't Know' Isn't An Answer

PART 1: TRACK IT

Let's bring some awareness to when you say "I don't know" and what's behind it. Over the next 5 days start paying attention to when you say it, why you say it, and to who you say it. Next, compare those IDK moments to the other times when you confidently and clearly say what you want, need, or know!

1. Questions I've been asked when I say, "I don't know"

A large, empty light gray rectangular area intended for writing answers to the question above.



'I Don't Know' Isn't An Answer

2. Who do I most often say IDK to?

3. Let's get real for a moment ... WHY are you saying IDK?



'I Don't Know' Isn't An Answer

4. Compare the times you say IDK to the times you don't. What's different?

A large, empty, light gray rectangular area provided for the student to write their response to question 4.

5. What are the results (or consequences) of saying IDK?

A large, empty, light gray rectangular area provided for the student to write their response to question 5.



'I Don't Know' Isn't An Answer

PART 2: OWN IT

Now that you're becoming more aware of when and why you say IDK, let's start connecting to your inner knowing, your needs, and your preferences so that you can begin to communicate more clearly and confidently.

6. Reflect back on the times you said IDK; what DID you know, need, or want?

A large, empty rectangular area with a light gray gradient background, intended for the user to write their reflection on the prompt above.



'I Don't Know' Isn't An Answer

7. Replay each moment: what do you wish you had said instead of IDK?

A large, empty rectangular area with a light gray background, intended for writing responses to the question above.



'I Don't Know' Isn't An Answer

8. What are 3 things you can do in the moments that IDK's creep in and tap into your inner knowing and wisdom?

A large, empty light gray rectangular area intended for the user to write their response to question 8.

9. How can you own it when you genuinely don't know something, and empower yourself to respond with wisdom, confidence, and clarity?

A large, empty light gray rectangular area intended for the user to write their response to question 9.



'I Don't Know' Isn't An Answer

PART 3: SAY IT

Now that you can recognize when the IDK's are creeping in, and that deep down you really did have the answer, let's get you using that inner knowing and wisdom to say what you know, need, and want!

5 Steps to Saying What You Know, Need, and Want

1. Catch yourself saying I Don't Know and take it back!
2. Affirm to yourself and the person you are talking that you do, in fact, know and that you need a moment to give a thoughtful response.
3. Take a deep breath (close your eyes if it helps) and tune out outside distraction and internal noise in your head
4. Reflect on the question and ask yourself one of the following questions, where appropriate. (You can make up your own, too!)
 - a) What do I need?
 - b) What do I want?
 - c) What do I want to say?
 - d) What do I want to happen?
 - e) What do I want them to know?
 - f) What do I want them to do?
5. Say it! Once you've tapped into what you know, want, or need own it and express it clearly and confidently

Practice Time!

Go through some of your previous IDK's and practice this 5 step process (out loud helps!) until you feel confident being able to take back your IDK and give a response that satisfies your inner knowing, needs, and wants!

Keep it going in IRL and start claiming what you know to be true for you!