

THE JOURNAL FOUNDRY CO.

FREE SAMPLE

The Doubt Journal

The opening pages and the first three days, exactly
as they are in the full journal.

Print single-sided on A4 or US Letter, or fill it in on a tablet with
any PDF markup app.

Do the opening page before the first log. It takes five minutes,
and the logs mean very little without it.

If the three days work for you, the full journal carries on from
exactly where this stops.

A self-help record, not medical, psychological or financial advice, and not a diagnosis.
Interior written and laid out with AI assistance and edited by hand. Quotations are public
domain.

Free for personal use. Please share the link rather than the file:
thejournalfoundryco.co.uk/journals/doubt/

How This Journal Works

Self-doubt does not go quiet because you argue with it louder. It is very good at arguments — it has had years of practice, and it only ever quotes the evidence that suits it. Affirmations do not help much either: telling yourself you are capable, against a voice that says you are not, is one feeling against another, and doubt usually wins that contest.

What doubt cannot talk over is a record. So this journal treats each doubt as a claim, and does what you would do with any claim: writes it down, rates how much you believe it, and lists the evidence on both sides. Then it asks what you did — acted anyway, waited for more proof, or let the doubt decide — and, when you acted, what actually happened.

Six weeks of that is a case file. Doubt will still speak. It will simply have to argue against your own handwriting.

WHAT IS INSIDE

The Case File	a signed page: what doubt has cost you, and the standard of proof you will hold it to.
A Worked Day	one filled-in example, so Day 1 takes two minutes.
42 Evidence Logs	the claim, the evidence, your belief before and after, and what you did.
6 Weekly Reviews	how often you acted, and how often doubt turned out to be right.
The Case Record	six weeks of belief, plotted on one page.
The Verdict	what the record proves, signed.
Two reference pages	the eight things doubt says most, and how to read your own evidence.

THE ONE RULE: ACT BEFORE IT GOES QUIET

You do not need to believe the doubt is wrong in order to act. You only need to act and write down what happened. Waiting until the doubt has gone quiet means waiting for it to give permission, and it rarely does. The record does the convincing afterwards.

Undated, so a missed day costs nothing — skip the page and take the next one. This is a self-help record, not therapy or treatment.

“He who knows others is wise; he who knows himself is enlightened.”

— Lao Tzu, Tao Te Ching

The Case File

Fill this in before the first log. It is the page you read back on Day 42.

WHAT DOUBT HAS COST ME SO FAR (the things I did not try, apply for, say or finish)

THE THREE THINGS DOUBT SAYS TO ME MOST OFTEN

THE STANDARD OF PROOF

From today, doubt is a claim, not a verdict. It gets written down, rated and weighed like any other claim. I act on the evidence, not on how loud the claim is. I record the times doubt turned out to be right as carefully as the times it did not — a case file with only one side in it proves nothing.

HOW MUCH I BELIEVE I CAN DO WHAT I WANT TO DO, TODAY

% (again on Day 42)

THE ONE THING I WILL ACT ON IN THESE SIX WEEKS

SIGNED

DATE

“We become just by doing just acts, temperate by doing temperate acts, brave by doing brave acts.”

— Aristotle, Nicomachean Ethics II.1 (tr. F. H. Peters, 1893)

A Worked Day

One filled-in day. The person in this example has been putting off asking to lead a project at work.

THE CLAIM	If I ask to lead it, they will say no and think I overreached.
BELIEF BEFORE	80%
EVIDENCE FOR	I have not led a project this size. Last year my proposal was turned down.
EVIDENCE AGAINST	I ran the smaller version and it shipped on time. My manager asked me for ideas last month.
WHAT I DID	Acted anyway — asked in the one-to-one.
WHAT HAPPENED	Better than doubt said. Not the lead, but co-lead, and an explanation of what would get me there.
BELIEF AFTER	35% — a drop of 45 points.

WHY THE EXAMPLE IS WORTH READING TWICE

Doubt was partly right: this person did not get exactly what they asked for. A journal that only recorded wins would hide that. But the claim was that asking would lead to a no and to being thought less of, and the evidence says otherwise. Most entries end like this — doubt right about the risk, wrong about the size of it — and it is the accumulation of these, not any single win, that changes how loudly it speaks.

Belief before and after are the numbers to watch. Over six weeks you are looking for the gap between them, and for the before number itself to start lower.

Day 01

DATE _____

THE CLAIM DOUBT IS MAKING TODAY

HOW MUCH I BELIEVE IT, BEFORE WEIGHING IT

% which of the eight? number

EVIDENCE FOR IT

EVIDENCE AGAINST IT

facts only — what happened, what was said. Feelings go in the claim.

WHAT I DID

☐ ACTED ANYWAY ☐ WAITED FOR MORE PROOF ☐ LET THE DOUBT DECIDEIF I ACTED, IT WENT ☐ BETTER THAN DOUBT SAID ☐ ABOUT AS IT SAID ☐ WORSE

Not acted yet? Leave it, and come back to this line on the day you find out.

HOW MUCH I BELIEVE IT NOW

%

CHANGE

before – now

HELD IT TO THE EVIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

- 1 Doubt made the call; I did not look at the evidence at all
- 2 I looked, but the feeling won the argument
- 3 I weighed it honestly, and still waited for more proof
- 4 I weighed it and acted on what the evidence said
- 5 I acted before the doubt went quiet — and wrote down what happened

TOMORROW'S LIKELY CLAIM, AND WHAT I WILL DO IF IT COMES

"No one knows what he can do till he tries."

— Publilius Syrus, Sentences

Day 02

DATE _____

THE CLAIM DOUBT IS MAKING TODAY

HOW MUCH I BELIEVE IT, BEFORE WEIGHING IT

% which of the eight? number

EVIDENCE FOR IT

EVIDENCE AGAINST IT

facts only — what happened, what was said. Feelings go in the claim.

WHAT I DID

☐ ACTED ANYWAY ☐ WAITED FOR MORE PROOF ☐ LET THE DOUBT DECIDE

IF I ACTED, IT WENT ☐ BETTER THAN DOUBT SAID ☐ ABOUT AS IT SAID ☐ WORSE

Not acted yet? Leave it, and come back to this line on the day you find out.

HOW MUCH I BELIEVE IT NOW

% CHANGE before - now

HELD IT TO THE EVIDENCE

1

2

3

4

5

- 1 Doubt made the call; I did not look at the evidence at all
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TOMORROW'S LIKELY CLAIM, AND WHAT I WILL DO IF IT COMES

“He that can have patience can have what he will.”

— Benjamin Franklin, Poor Richard’s Almanack (1736)

Day 03

DATE _____

THE CLAIM DOUBT IS MAKING TODAY

HOW MUCH I BELIEVE IT, BEFORE WEIGHING IT

% which of the eight? number

EVIDENCE FOR IT

EVIDENCE AGAINST IT

facts only — what happened, what was said. Feelings go in the claim.

WHAT I DID

☐ ACTED ANYWAY ☐ WAITED FOR MORE PROOF ☐ LET THE DOUBT DECIDE

IF I ACTED, IT WENT ☐ BETTER THAN DOUBT SAID ☐ ABOUT AS IT SAID ☐ WORSE

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TOMORROW'S LIKELY CLAIM, AND WHAT I WILL DO IF IT COMES

“A man can be himself only so long as he is alone.”

— Arthur Schopenhauer, Essays and Aphorisms

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THAT WAS THE FIRST THREE DAYS

The rest of The Doubt Journal

Six weeks of evidence logs, weekly reviews, the Case Record and the Verdict.

A few days of this is a sample. The part that changes anything is keeping it going long enough for the record to mean something, and that is what the checkpoints and the closing pages are for.

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How it works

thejournalfoundryco.co.uk/journals/doubt/

Questions, or want it for a team? Write to kzukas@thejournalfoundryco.co.uk. One reply, from a person.