

# Class Notes

Doubt Yourself, Do It Anyway  
with Patrick Casale



## ✓ **Embrace Authenticity in Your Practice**

Showing up authentically in your therapy practice helps build stronger connections with your clients. When you're true to yourself, you make it easier for clients to relate to you and trust the therapeutic process.

## ✓ **Perfectionism Hinders Progress**

Striving for perfection can paralyze your business growth. Instead of waiting for everything to be flawless, focus on taking action and iterating along the way. Being visible and showing up is more important than trying to get it perfect from the start.

## ✓ **Stepping Out of Your Comfort Zone Drives Growth**

Taking risks and stepping outside of your comfort zone leads to opportunities and growth. By embracing discomfort, you unlock life-changing experiences and find new paths for your personal and business development.

## ✓ **Neurodivergence Can Be a Strength in Business**

Navigating ADHD and autism as a business owner can bring unique strengths. Embrace the different ways your brain works and use it to your advantage when creating systems, handling challenges, and connecting with others.

## ✓ **Vulnerability in Public Speaking Can Inspire**

Patrick's experience with vulnerability, especially during his TED Talk, shows how embracing mistakes and being authentic can make you more relatable to your audience. Leaning into moments of imperfection can lead to powerful connections and growth.