

Fear-Setting

"We suffer more often in imagination than in reality."

– Seneca

Fear is what holds you back from fully expressing yourself and tapping into your true potential. Think about a goal or action you are delaying or have not taken yet due to fear – fear of failure, fear of success, or fear of the unknown. Write it down below.



Goal/Action:

Define

Define your biggest fears as they relate to the goals you have for your life. What would be the worst case scenario? Be honest with yourself.

1.

2.

3.

Prevent

What could you do to prevent these things from happening? If prevention is not possible, what could you do to minimize the impact of them?

Repair

If your fear happened, what could you do to fix it, recover, or repair the situation? Has someone less driven or clever found a way to recover from the situation?

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"I learned that courage was the not absence of fear, but the triumph over it." – Nelson Mandela

What might be the benefits of an attempt or partial success?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

What is the cost of inaction?

6 months

1 year

3 years

**Emotional/
Mental**

Physical

Financial

Social