

FEAR SETTING

Worksheet Instructions

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"*What if I...?*": On the line below, write your fear - the thing you need to take action on.

Define: Write down all the worst things you imagine happening if you do the thing. Then rate them on a scale of 1 (minimal, temporary impact) - 10 (maximum, permanent impact)

Prevent: Write down what you can do to prevent each of those things from happening, or decrease the likelihood of them happening.

Repair: If the worst case things happen, what could you do to repair the damage, even a bit, or who could you ask for help?

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Write down all the possible benefits that could happen if you try the thing. Then rate them from 1 (minimal, temporary impact) - 10 (maximum, permanent impact).

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If you don't even try, what will the cost be? What will your life be like in 6 months, 1 year, 3 years?

Reflect

Reflect on what you've written. This should give you a clear, practical and rational view of the benefits of taking action vs. the cost of the status quo.

Date :

WHAT IF I...?

Define

Prevent

Repair

The Cost of Inaction

6 months

1 year

3 years
