

Fear Setting Template

Adapted from Tim Ferriss.

Watch the following video “Why You Should Define Your Fears Instead of Your Goals”:

https://www.ted.com/talks/tim_ferriss_why_you_should_define_your_fears_instead_of_your_goals?language=en#t-781455

“What if I.....” Fear has a nasty way of keeping us stuck. In this exercise we list each fear as a way to look at it objectively and way the cost and rewards of both living in fear and taking action. This is not designed with phobias in mind (sharks, heights, spiders) although if these phobias are preventing you from taking some needed action, it would be appropriate.

Define: What are you afraid of? What is the worst-case scenario?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Prevent: List how you can stop your fear from coming true? What action can you take?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

- 8.
- 9.
- 10.

Repair: If your fear was to somehow come to pass, then what action would you need to take to repair the situation?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Benefits: List all possible benefits from taking the action that you are afraid about?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Trajectory: The decisions we make can change the trajectory of our life. We often consider the costs of taking a risk and facing our fears, but rarely consider the costs of inaction. In this step, take a look at what the possible costs of inaction in the future.

List the costs (emotional, financial, health, relational) of not taking action 6 months from now:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

List the costs (emotional, financial, health, relational) of not taking action for 1 year from now:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

List the costs (emotional, financial, health, relational) of not taking action 3 years from now:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.