

## Fears list

Unknown words: full-blown, reel, toughness, thriving, stake, walked out, wind down, bottleneck, fraying, hiccups, extricate, punchline, terse,

The author in this conference showed an anecdote on how he was able to make better decisions since he started to use stoicism –separate what you can control from what you cannot control- then he showed the audience how can they use a tool to get to stoicism. Premeditation malorum that is visualizing the worst case scenario in detail that you fear. He created a written exercise and it consists in three pages. 1. What if I...? (Where you have to include whatever is causing you fear or anxiety) 2. What might be the benefits of an attempt or partial success? –describe what benefits could give you an attempt of change 3. What is the cost of inaction? (Humankind, is so good analysing what could go wrong if you decide to do something new, but they don't analyze what could be the cost of doing nothing –not changing anything- the idea of this questions is to as the questions how might my life look life if I avoid this decision or action).

To conclude, his presentation he showed the story case of Jerzy Gregorek who applies stoicism and his mantra to all aspects in his life:

*“Easy choices, hard life.*

*Hard choices, easy life.”*

*–Jerzy Gregorek*

Well, I feel the author is giving a lot of reasons to work on a fears list than in a goals list mainly, due to his life experience. Most of the time, people think negatively and they put a wall in their way to take an action, a decision that could give them “temporary pain, but a 100% of positively life-changing impact” (Ferris, 2017).

## References

Ferris, Tim. Why should you define your fears instead of your goals. Ted talks. Available at: <https://www.youtube.com/watch?v=5J6jAC6XxAl>