

"FEAR-SETTING" INSTRUCTIONS

PAGE 1: PUT YOUR FEARS UNDER A MICROSCOPE

- 1. Define everything you fear about the idea of taking action.**
List out your most nightmarish scenarios, your doubts, and your "what-if"s. What's the worst-case scenario? What might go wrong?
Write it all down, and don't hold back.
- 2. Assess the impact of these worst-case scenarios on a scale of 1-10.**
1 = minimal impact, and 10 = permanently life-altering.
- 3. In column two, list ways you could reduce the likelihood of each of the worst-case scenarios from happening.**
What actions could you take to make those scenarios less likely to come to fruition? (Consider both big actions and small actions.)
- 4. In column three, list ways you could repair the damage, if this situation were to come true.**
What actions could you take to repair the damage, or get back on track?

PAGE 2: CONSIDER THE POTENTIAL BENEFITS OF TAKING ACTION

- 5. Write down the positive benefits of even an attempt, or partial success at taking action.**
- 6. Assess the potential positive benefit of these successes on a 1-10 scale.** (1 being minimal impact, 10 being a very significant impact.)

PAGE 3: CONSIDER THE CONSEQUENCES OF INACTION

- 7. Make three columns on the page, and label them 6 months, 1 year, and 3 years.**
Projecting out past 3 years feels too intangible, so keep it in this range.
- 8. Write down the potential costs of maintaining the status quo.**
Consider emotional, financial, and physical costs.

"WHAT IF I...?"

DEFINE

PREVENT

REPAIR

WHAT MIGHT BE THE BENEFITS OF AN
ATTEMPT, OR A PARTIAL SUCCESS?

WHAT ARE THE COSTS OF INACTION?

(EMOTIONAL, FINANCIAL, PHYSICAL, ETC.)

IN 6 MONTHS

IN 1 YEAR

IN 3 YEARS