
Day 1: Understanding Your Fear - The Foundation

Today's Focus: Identify the specific fears driving your avoidance patterns

Time Commitment: 20 minutes

Core Exercise: Fear Inventory

Morning Check-in (2 minutes)

Daily Questions:

- What am I avoiding today and what fear is driving it?
- What is one small step I can take toward a feared task?
- How can I show myself compassion around this challenge?

Write your responses here:

Fear I'm experiencing today: _____ Avoided task: _____
One small step: _____

Main Exercise: Fear Inventory (15 minutes)

Purpose: Map the specific fears that fuel your procrastination patterns

Step 1: Identify Your Current Avoidance (5 minutes)

Think about tasks you've been putting off. List 3-5 specific items:

1. _____
2. _____
3. _____
4. _____

5. _____

Step 2: Dig Deeper Into the Fears (10 minutes)

For each avoided task, complete this framework:

Task: _____

What specifically am I afraid might happen?

- _____

- _____

What would this mean about me if it happened?

- _____

How likely is this fear to actually occur? (1-10 scale) _____

Task: _____

What specifically am I afraid might happen?

- _____

- _____

What would this mean about me if it happened?

- _____

How likely is this fear to actually occur? (1-10 scale) _____

Single Small Step Commitment (2 minutes)

Purpose: Build momentum with minimal action

Choose ONE tiny action (5 minutes or less) toward a feared task:

My commitment for today: _____

When I will do it: _____

How I expect to feel before: _____

Evening Reflection (1 minute)

Did you complete your small step? Yes / No

How did you actually feel during/after? _____

What did you learn about your fear today? _____

Tomorrow's Preparation

Tomorrow we'll start tracking how your emotions connect to your avoidance patterns. Keep your fear inventory handy as a reference.

Courage Building Thought:

"Every fear I name loses some of its power over me. I am building awareness, not judgment."
