



Define Your Fears

by Tim Ferris

“We suffer more often in imagination than in reality.” -Seneca

What If I . . . ?

Define

Prevent

Repair

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



What might be the benefits of an attempt or partial success?



The Cost of Inaction

(Emotionally, Physically, Financially etc.)

6 Months

1 Year

3 Year