FEAR-SETTING

AN EXERCISE

The essence of fear-setting is to transform your fear of the unknown into a worst case scenario.

In order to conquer fear of the unknown, we must turn it into something known.

For the following questions, **write down and do not edit** as much as you can, don't think about your answers too much. Spend a few minutes on each answer.

1. Define your nightmare, the absolute worst that could happen if you did what you are considering?

What doubts, fears, and "what-ifs" pop up as you consider taking action? Put as much horrible detail in as you can. Would it be the end of your life? How likely is this worst case scenario to happen? What would be the permanent impact on a scale of 1-10? Are these things really permanent?

2. What steps could you take to repair the damage?

Even if they are only temporary solutions, how would you manage to get your situation back under control?

Although you may need to be creative, it's very likely that there are somewhat easy or simple ways to repair any damage.

3. What are the outcomes of more <u>probable</u> scenarios?

How likely is that that you could produce at least a moderately good outcome? Have less intelligent people done this before and pulled it off? What are the temporary and permanent benefits you might gain, both internal (such as confidence) and external, from these more-likely scenarios?

4. What are you putting off out of fear?

What we fear doing most is usually what we most need to do.

5. What is it costing you to postpone action?

We rarely consider the financial, physical, and emotional costs of NOT doing things. But this is just as important as measuring the cost of action!

If you don't do these things you want to do, where will you be in one, five, or ten years? What will your life be like?

6. What are you waiting for?

Chances are when it comes down to it, you're afraid. So is everyone else in the world. Embrace it, and take action!

Borrowed from the Four Hour Workweek by Tim Ferriss
http://fourhourworkweek.com

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