

Fear Setting

"[...] Define your fears, not your goals"

- Tim Ferriss

Goal

Defining your goals allows you to establish the course of action needed to achieve your ideal self. However, defining your fears allows you to strategically establish:

- What may have prevented you from already achieving some of your goals in the past.
- Possible roadblocks and speed bumps that might steer you off course on the road to self-improvement.
- Highlight the true cost of your failure to work towards achieving your goals.

Advice for implementation

No matter how big or small, write down any and every fear, obstacle or hesitation that comes to mind. Again, this will allow you to strategically establish a game plan and blueprint to overcome any obstacles that may arise on your path to improvement.

Tool description

Take 15 minutes to fill out the chart provided.

The chart is set out in 4 columns:

- Column one will identify your fear
- Column two will identify the course of action needed to overcome your fear
- Column three will show the cost of failing to act and overcome your hesitations
- Column four will highlight the benefit and rewards of taking the action needed

What fear might prevent me from achieving my goal?	What action can I take to overcome and prevent this?	If I don't take action to overcome my fear, what is the cost?	What is the result and/or reward for taking the action needed?

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