

FEAR SETTING EXERCISE

Inspired by Tim Ferriss, Fear Setting is an exercise that can help you address and analyze your rational and irrational fears. It's an effective tool to help manage your fears and prepare for them without letting them take over.

MY DREAM:

WHAT IS THE FEAR?	WHAT IS THE WORST THAT COULD HAPPEN?	IF THAT WERE TO HAPPEN, WHAT WOULD/COULD I DO TO BOUNCE BACK?	AT THE END OF IT, WOULD I STILL BE ALIVE & BREATHING?

1. WHAT ARE THE MORE PROBABLE OUTCOMES IF I PURSUE MY DREAMS? LIST ALL THE POSSIBILITIES. DO THESE EXCITE ME?

2. WHAT IF I DON'T PURSUE THIS? IF I LET MY FEAR WIN, WHAT WILL HAPPEN? WHERE WILL I BE IN 1 YEAR, 5 YEARS, 10 YEARS?

3. WHAT AM I WAITING FOR?