



Fear Setting

This exercise, inspired by Tim Ferriss's "4 Hour Work Week," involves contemplating the worst outcomes of actions you're hesitant to take. It guides you to outline three categories: worst outcomes, prevention strategies, and mitigation plans, easing fears and motivating action.

What action do you wish to take

Worst outcomes

How to prevent

How to repair

What will happen long term (1 year, 5 years, 10 years+) if you don't take this action?





Take action

Quit procrastinating and take action! Big visions and goals can be overwhelming, so break your plans down into small, achievable steps. This worksheet will help you get there.

I am going to:

What limiting beliefs do I have to overcome to achieve this?

What steps do I have to take to get started?

What tools do I need to get started?

Why am I doing this?

I am grateful for:

