

WHAT IS HOLDING YOU BACK FROM WHAT YOU DESERVE?

Fear is the great inhibitor of dreams. While healthy fear protects us from mistakes and regrets, an excessive amount of fear robs us of growth, joy, adventure, and connection. To achieve our dreams, we must learn how to acknowledge our fears and use them to create the steps necessary to push past them. This can be more helpful than goal setting in achieving our dreams.

Let's start with the "The big question": *What are the worst things that could happen?*

This question allows you to take risks by calculating which mental roadblocks are not risks at all.

Most people aim at goals, but very few aim at fear. Fear-setting tends to be a lot more effective than goal-setting in terms of aiming at something that will change your life. This is because fear is a pretty good heat-seeking missile that will make the most significant difference in your life. Take time to answer the following questions. Resist the temptation to rush through this process, as the payoff can be massive.

"We suffer more often in imagination than in reality."

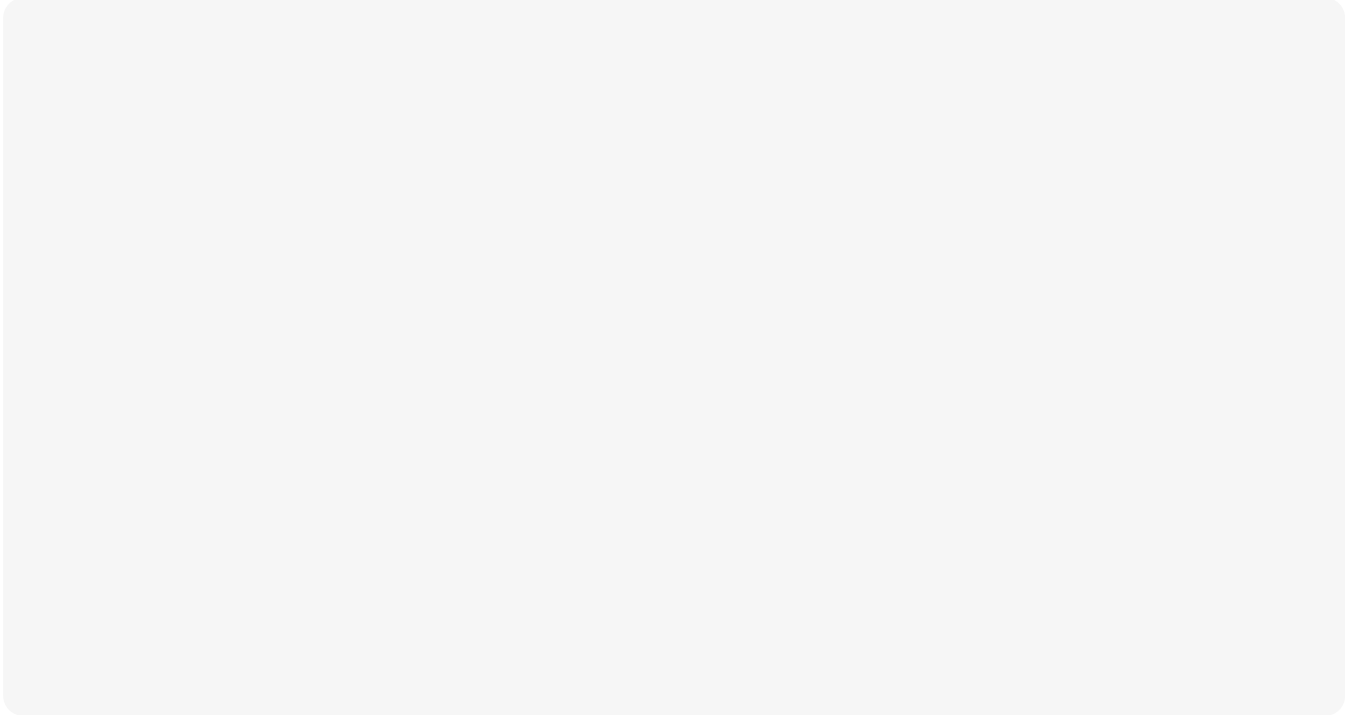
~Seneca



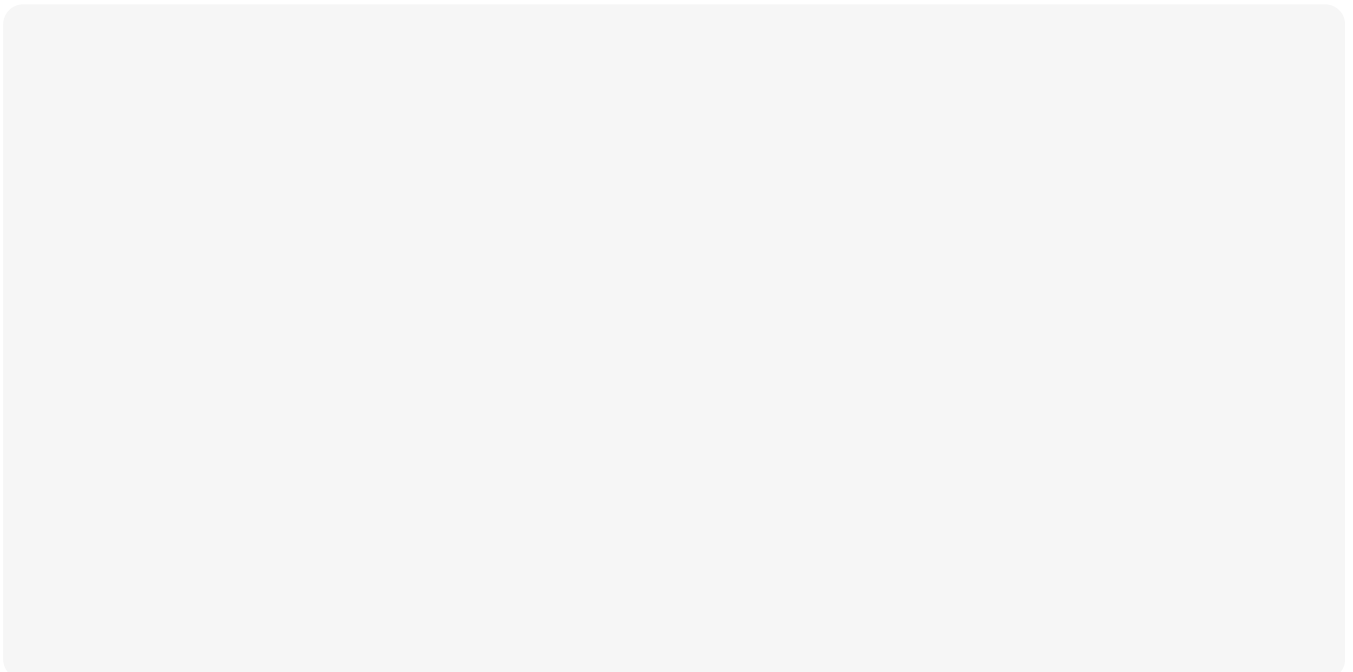
FEAR PROCESS WORKSHEET

Please answer the following questions as thoroughly as possible:

1. If you had 100% certainty that you would not fail, what actions would you take in your business or life? This includes what tasks you would let go of that you are holding onto because of fear. Review your Genius Grid for below-the-line tasks you are holding onto out of fear. ***Mark the top 3 that could impact your life most. Finally, pick the one that is the clear winner.***



2. If you move forward with the clear winner, what is the absolute worst-case scenario that could (or might) happen? Envision your nightmare outcome in painstaking detail. Write it out here (fucking go for it and don't hold back):



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3. On a scale of 1 to 10 (10=high), if your worst-case scenario would come true, how life-threatening or massively detrimental would it be to your life or business success?

Low High

1 2 3 4 5 6 7 8 9 10

4. List all of the things you could do in advance to minimize the chance of your worst-case scenario happening. (Get creative and think out of the box as if you were helping someone else strategize on their issue):

5. If your worst-case scenario happened, what could you do to repair or recover from the damage, even just a little bit? (Think resourcefully):

6. Now that you've defined the worst-case scenario list all of the probable, positive outcomes – both internal (confidence, self-esteem, freedom, etc.) and external (more free time, financial, etc.):

FEAR PROCESS WORKSHEET

7. On a scale of 1-10, what overall impact would the above positive outcomes have on your life? (Consider not only the most obvious impacts but also the more subtle ones, such as increased confidence, reduced mental chatter, etc.):

Low High

1 2 3 4 5 6 7 8 9 10

8. On a scale of 1 to 10, how likely is it that you could produce a moderately good outcome?

Low High

1 2 3 4 5 6 7 8 9 10

9. What is the cost of postponing action – financially, emotionally, physically, and in your relationship with yourself? If you avoid this action or decision (and similar actions and decisions), what might your life look like 12 months from now? Share in detail each of the categories below:

- Financially:

- Emotionally:

- Physically:

- Relationship with self:

10. What are you waiting for? "The right timing" is not an acceptable answer, as it's simply an excuse for fear. The timing would be perfect in this moment if you didn't think you could fail. Get genuine and honest with yourself in this answer.

Low High

1 2 3 4 5 6 7 8 9 10

Your Notes: