



## “Fear Setting” Exercise

When stuck in **analysis paralysis** understand that **FEAR** is the culprit. Fear of failure. Fear of success. Fear of judgement. Fear of \_\_\_\_\_ (fill in the blank)! What if you could think through the situation and define your fear so you can overcome it? Enter Stoicism, the famous philosopher Seneca said, “We suffer more often in imagination than in reality.” It is your IMAGINED fear that is getting you stuck.

### See the Future Big Picture

Tim Ferriss, a famous entrepreneur, brought Stoic philosophy to the world’s attention several years ago applying the Stoic principle “premeditatio malorum” which translated means the premeditation of the evils ahead. Define what you are really afraid of and reframe the situation so you can decide the best course of action.

This **Fear Setting Worksheet** is a guide to help you start defining your fears, the potential negative or positive consequences of actions, and the costs of NOT taking action. Give it a try!

### Part 1: Listing Your Fears

1. DEFINE everything you fear about the idea of taking action. List nightmarish scenarios, doubts, and “what ifs”. What’s the worst-case scenario? What could go wrong? Don’t hold back.
2. Assess the impact of these worst-case scenarios on a scale of 1-10. (1 = minimal impact, and 10 = permanently life-changing)
3. In column two, list ways you could PREVENT or reduce the likelihood of each of the worst-case scenarios from happening. What actions could you take to make those scenarios less likely to come to occur? (Think about both small actions and big actions)
4. In column three, list ways you could REPAIR the damage if this situation came true. What actions could you take to fix or overcome the damage to get back on track?



<b>Impact</b>	<b>DEFINE the fear</b>	<b>How could you PREVENT the worst case scenario</b>	<b>How could you REPAIR the damage if worst case happened</b>

## Part 2: Consider the Benefits of Taking Action

Write down the positive benefits of even an attempt, or partial success at taking action.

Assess the potential positive benefits of these successes on a 1-10 scale. (1 being minimal impact, 10 being significant impact.)

<b>Positive Benefit Impact</b>	<b>What might be the benefits of an attempt, or a partial success?</b>

### Part 3: Consider the Consequences of Inaction

Think about the consequences of inaction at 6 months, 1 year, and 3 years. 8. What are the potential costs of maintaining the status quo? Consider emotional, financial, and physical costs

Costs of Inaction in 6 Months	Costs of Inaction in 1 Year	Costs of Inaction in 3 Years

What came up in this exercise? Have you diminished the FEAR in light of this new awareness?

I hope you found this tool useful - thinking through this exercise reframes the situation in a way that logic prevails. You step away from the emotion and give yourself room to look at the big picture.

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Be well and remember to be the LIGHT you want to see in the world!

With gratitude and love,

*Jackie Breezer*

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