

Fear Setting Worksheet

Patient Information

Name:

Date:

Gender:

Instructions

Anchored on the concept by Tim Ferriss, this Fear Setting Worksheet is a structured reflection exercise designed to help individuals confront and overcome their fears. Reflect on and assess your fears by completing each section thoughtfully and thoroughly. This process empowers you to make informed decisions and take action towards overcoming obstacles and achieving your goals.

What if I

?

Define

Prevent

Repair

What might be the benefits of an attempt or partial success?

**The Cost of Inaction
(Emotionally, Financially, Physically, etc.)**

6 Months

1 Year

3 Years

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