

Fear Setting Worksheet

Name:

Date:

Based on Tim Ferriss’ groundbreaking concept, this Fear Setting Worksheet is a structured tool designed to help you face your fears, analyze their impact, and transform uncertainty into action. By engaging with this exercise, you’ll break down what’s holding you back, explore both worst-case and best-case scenarios, and create a clear plan to manage risks and maximize opportunities.

What if I...?

What is the action you are wanting to take? Write a brief description of the challenge or decision you are facing.

Define	Prevent	Repair
List the fears that are stopping you.	For each fear, identify steps to prevent or reduce the likelihood of it happening.	If the worst-case scenario happens, how can you repair or recover?

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

What skills could you learn? Think of both immediate and long-term benefits.

What are the consequences of doing nothing (the cost of inaction)?

Consider emotional, physical, financial, and long-term impacts.

6 months	1 year	3 years

Reference:

Ferriss, T. (2017, April). *Why you should define your fears instead of your goals* [Video]. TED Conferences. https://www.ted.com/talks/tim_ferriss_why_you_should_define_your_fears_instead_of_your_goals