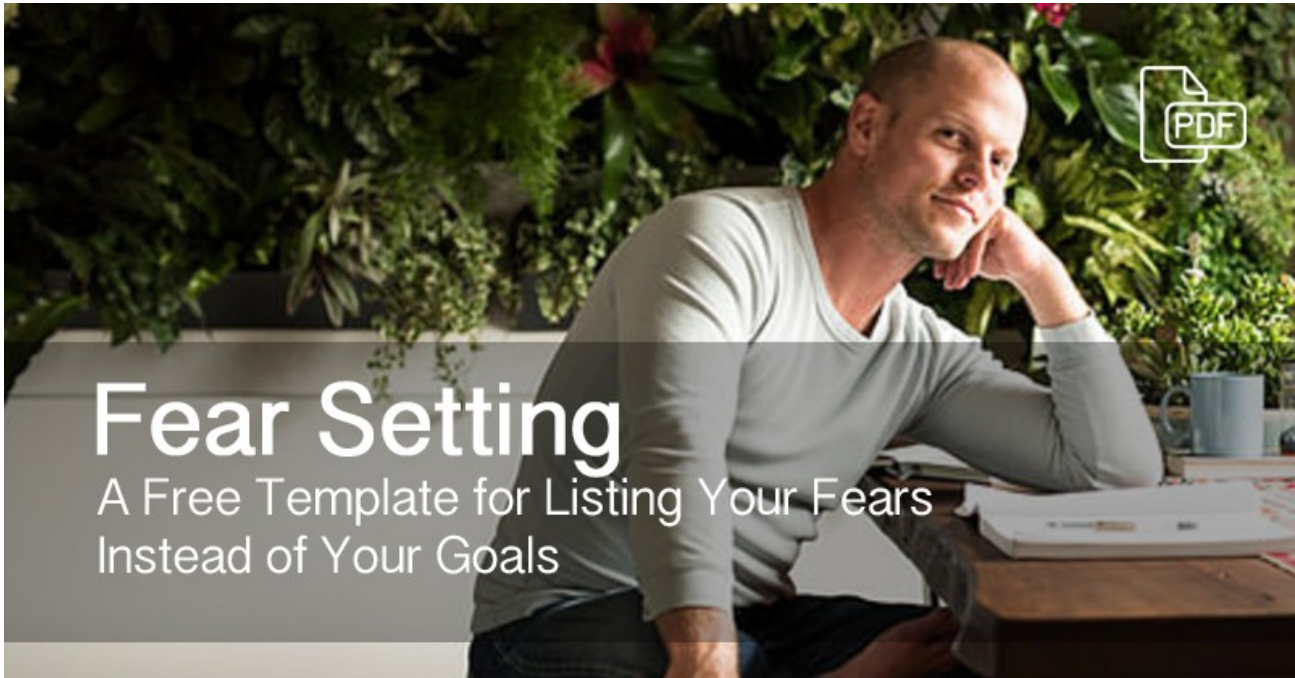


# Fear Setting: A Free Template for Listing Your Fears Instead of Your Goals

Productivity expert and self-help guru Tim Ferriss developed this checklist to overcome his fears of taking action. Please save a copy or download the PDF free template.



**Define:** List the worst things that could happen

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ 10

**Prevent:** List how you can stop the above bad things

- ☐ 1
- ☐ 2
- ☐ 3

- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ 10

**Repair: If the worst happens, list how to repair each bad thing.**

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ 10

**Benefits: List all possible benefits from taking this action**

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ 10

**6 Months: List the costs inaction during this time**

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

**1 Year: List the costs inaction during this time**

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

**3 Years: List the costs inaction during this time**

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5