

# 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

---