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

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Repair: If the worst happens, list how to repair each bad thing.	
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Benefits: List all possible benefits from taking this action	
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6 Months: List the costs inaction during this time	
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1 Year: List the costs inaction during this time	
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3 Years: List the costs inaction during this time	
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