

Fear Setting Worksheet



While many people set goals, few people set fears. Fear setting, however, is arguably the most powerful exercise you can do, because fear is the only thing in life that gets smaller the closer you get.

The more intimate and specific you are with your fears, the less power they hold over you and the more you see them for the illusions that they truly are.

1. What Are Your Greatest Fears?	2. How Do You Prevent This from Happening?	3. How Could You Repair the Situation?
Define every fear you have here...	Specify how to prevent the worst case from happening...	If the worst case happened, what actions could you take to repair the damage?
4. What is the impact of your fears from 0 (minimal damage) to 10 (potential death) ?	5. If the worst case scenario happens, what might be the potential benefits the experience?	6. What are the costs of not even trying?
Example: Public speaking = <3, Free climbing a mountain = 10	Ie. Gaining new connections, experience, skills, overcoming regret, etc.	Specify the quantitative and qualitative costs of not taking action over the next 1-10 years...

ADDITIONAL THINGS TO CONSIDER

- If this fear came true, is it potentially life threatening?

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- Based on my life experience, is this fear logical?
- What event or experience created this fear?
- What new belief do I want to create instead of this fear?
- What are 1-3 specific affirmations I want to feel in order to eliminate this fear?
- When will I commit to rehearsing and practicing these affirmations?
- How will I know when this fear no longer has a hold on me?

Copy/paste to add more fears as needed...

Copy and paste the above template as many times as you need, until you have written down every single one of your fears. Then, print it out and put it somewhere you will see it often.

For added effect, handwrite this exercise.

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