

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

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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

1

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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
