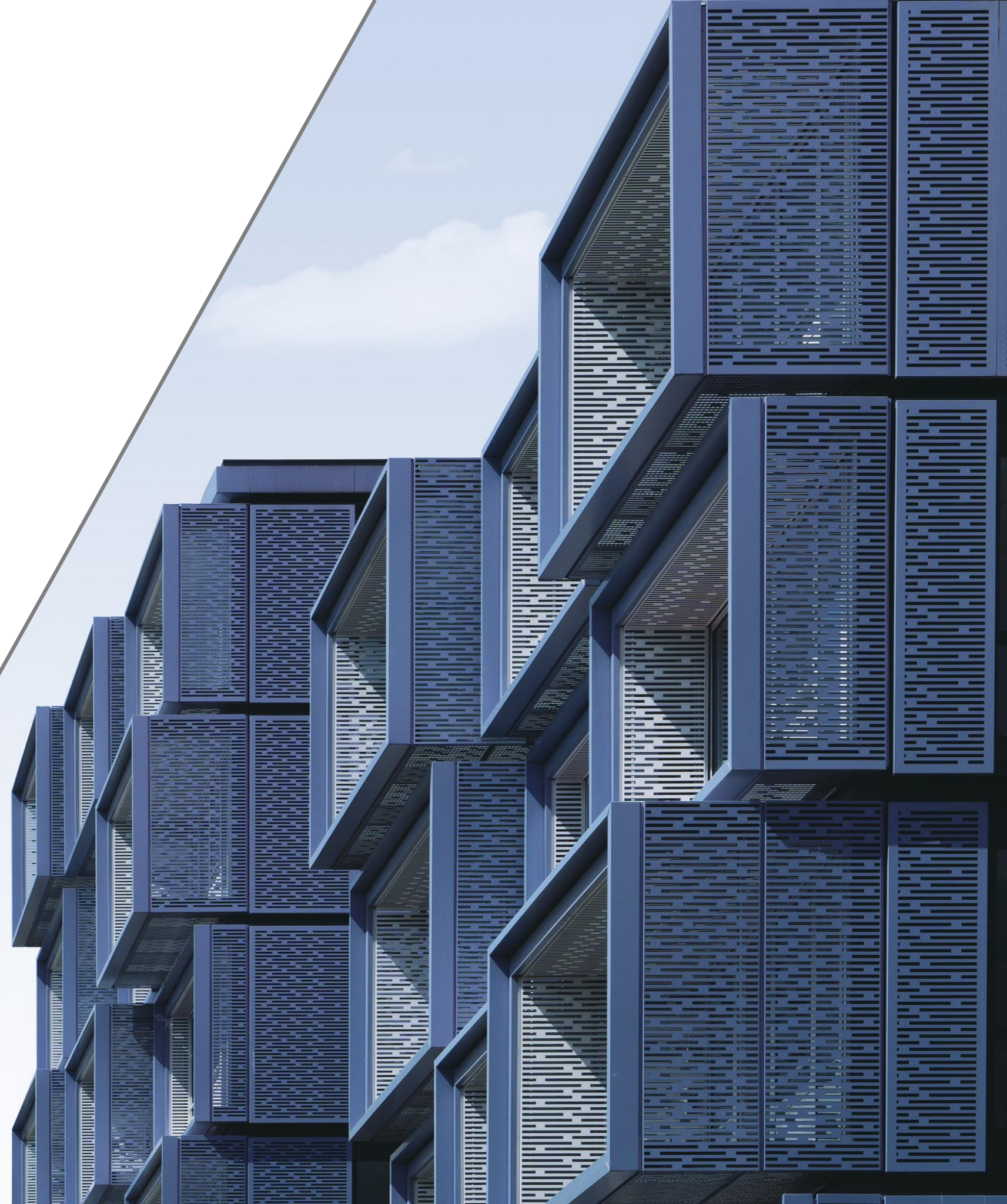


# **BOUNDLESS**

## Tame Your Fear





# Tame Your Fear

## Instructions

**Total Time: 15-30 Minutes**

**Page 3:** Complete the fear statements being as specific as possible

**Page 4:** Spend 10-15 minutes to complete part 1 of the fear setting worksheet. Try to come up with as many “worst possible outcomes” as possible

**Page 5:** Spend 10-15 minutes to complete part two of the fear setting worksheet, deeply reflecting on the potential upsides of a “failure” and the cost of inaction



# Fear Statements

I am okay not having any paid work for \_\_\_\_\_ (time period).

If I do not make \_\_\_\_\_ in a month/year (circle) I am a failure

I am willing to commit to self-employment for \_\_\_\_\_ (time period)

The worst case scenario for me is when \_\_\_\_\_.

It is irresponsible for me to \_\_\_\_\_.

I will know I have failed when \_\_\_\_\_.

# Fear Setting Worksheet: Part 1

1. What is the change or transformation you are making?	2. List the worst possible outcomes	3. What steps could you take to get to mitigate these outcomes?
(e.g. quitting my job and becoming a freelancer)		
4. What steps can you take to get back to where you are today?		

# Fear Setting Worksheet: Part 2

<b>5. What could be some benefits of an attempt or partial success? (What might you learn? What skills might you develop?)</b>	<b>6. What is the cost of inaction?</b>
	In three months?
	In one year?
	In three years?