

# Confront your Fear worksheet

(Based on the Ted talk of Tim Ferriss- Define your fear)

In order to reach stoicism (serenity) stoa-porch

Ask yourself- what if I (do what I fear most .....

Define: Write 10-20 of the worse things you can imagine that could happen if you take that step	Prevent: Write answers. What can I do to prevent each from happening. Decrease the likelihood even by a little bit	Repair: If it happens, what can you do to repair it' even by a little bit or who can you ask for help.

Then ask yourself:

1. Has anyone else in the history of time asked that question\did it and figured it out?
2. What might be the benefits of an attempt or a partial success (build confidence, develop skills)
3. What are the cost of in action (avoiding doing)- emotionally, physically, financially)

6 months	1 year	3 years from now

"We suffer more often in imagination than in reality"

— Seneca .