

Personal Strength Awareness

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## FEAR ANTIDOTE

AWARENESS CHECKLIST SPECIAL

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# Best-Selling Author: Tim Ferriss' **7** Steps for Conquering Fear

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Tim Ferriss is a world-renowned entrepreneur, best-selling author, and an expert in overcoming personal obstacles to success. Here is his seven-step checklist for conquering fear. Take the time to sit and work through your answers to these questions.

Think of something you're currently considering but scares the heck out of you. Or, think about the current state of affairs with Covid-19 and think about what makes you fearful the most. Something that you would like to contribute, do or change, but you're holding back from making the jump. How can you combat your personal fear in all areas of life, including our current world affairs.

**Write from the heart**, without stopping to let your inner critic get a word in and change what you write. Ignore the 'but what ifs?' and keep writing!

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## **What's the worst that could happen?**

Think big here. Bring to front of mind the change you want to make in your life and imagine the worst possible consequence.

# Be as detailed as you can.

## **What's the worst that could happen?**

What would be the forever impact on you, on a scale of 1 to 10?

**What's the worst that could happen?**

How likely is it that this nightmare scenario would happen?

## **How could you fix it?**

If the worst did happen, what could you do to get things back on course?

## **What other outcomes could there be?**

Having made the jump and changed your life, what are the more likely outcomes, and how much would they affect your life? What positive outcomes could there be?



## **What would you do if you lost your job today?**

Imagine you were fired this very day and go back to the first three questions again. If you decided to quit your job to try out other options, could you get yourself back to a place of financial security or the same career point if you had to?

## **What is fear preventing you from doing?**

Chances are, fear stops you doing the things you most need to do, from answering that awkward email to having that uncomfortable conversation. Take it one step at a time and try to do one thing every day that you fear. Grit your teeth and just do it!

## **What are the opportunity costs?**

What are you missing out on by not taking the chance or making that phone call? The opportunity cost of not acting, of not pursuing opportunities, can be huge. Don't be the person who looks back and regrets saying no, just because they were scared to say yes.

# Just do it!

There's no such thing as 'the right time' to do something. More often than not, the right time is now. Look your fears in the eye and dare them to stop you!

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