**Fear Setting Exercises (adopted from Tim Ferriss)**

*“We suffer more in imagination than in our own reality.” ~Senaca the Younger*

“What if I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Define Prevent Repair**

**(Worst thing that can happen) (what can I do to prevent these from happening?) (What could repair the damage?)**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

What might be the benefits of an attempt or partial success??

**The Cost of Inaction**

(emotionally, physically, financially, etc.)

6 months 1 year 3 years