

FEAR Worksheet

Use this worksheet after watching Module 3 - "Fear".

1 - Make a list of all the things that scare you.

For example: meeting new people, changing jobs, moving, trying new foods, joining a gym, dating, spending money,

Why do they scare you?

(worried about what others think; might hurt; might be alone;)

2 - What impact is this having on you?

Is it affecting your health?

Is it affecting your relationships?

Is affecting your self worth?

3 - If you knew you could not fail, what would you do differently?

4 - How can that one change affect your life? How would your life be improved?

Holding onto negative thought/beliefs about yourself /others will keep you stuck.

Challenge: Turn a negative thought into a positive statement.

For example: I afraid of joining a gym because I'm afraid of what others may think ... Turn this into

I'm not the only one going a gym who feels uncomfortable. When I show up consistently, I will see results and that is all that matters.

Meeting people in the past has been uncomfortable, but I am getting much better at it and even beginning to enjoy meeting others.