



© Take time to BE YOU

Be brave and walk alongside your fears

Take time to BE YOU: *Be brave and walk alongside your fears.*

Fear-setting exercise (by Tim Ferris)

This is an amazing tool shared by Tim Ferris in his [TED TALK: Why define your fears rather than your goals.](#)

STEP 1: What do you fear and what can you do about it?

What if I... (write your fear, or whatever is causing you anxiety or whatever you've been putting off)....

e.g. leaving for a two-day work trip without my kids

	DEFINE (the worst things you can image happening if you did that thing you fear)	PREVENT (and prepare) (what could I do to prevent these things from happening - or at least decrease their likelihood)	REPAIR (if the worst case scenarios happen what could you do to repair the damage even a little bit, or who could you ask for help)
1	<i>e.g. Losing my passport and not being able to come back in time</i>	<i>e.g. Find out where the UK embassy is in the new city I'm going. Make sure I have passport pics with me and enough money to pay for a new passport</i>	<i>E.g. Call embassy make an appointment for an emergency travel document.</i>
2			
3			
4			
5			

STEP 2

Think about the upside

Ask yourself what would be the benefits if you were to give this a try? And either partially or fully actually succeeded?

(Here you are taking a look at the upside. So if you attempted whatever you are considering what might be some of the benefits? e.g. improve your confidence, develop new skills, make more money, get fitter...

e.g. If I was able to go in this two-day work trip I could see 5 clients I've not been able to see for a while. It would be great for my business and it would help with the cashflow. I would also be able to give a workshop which would be great for reaching out to more people.

STEP 3 (Tim says this might be the most important step. So don't skip it).

THE COST OF INACTION (emotionally, physically, financially, etc.)

We are often very good at considering (and imagining in every detail) what might go wrong if we do something, but we don't spend as much time thinking about the cost of not changing or taking action. What are the consequences of keeping the status quo (for you and for the people you care about).

So, ask yourself:

If I avoid this action or decision what might my life look like (and really think of the detail, including the emotional/ physical/ financial consequences):

In 3 months *e.g. If I don't go on this trip I won't meet my monthly targets and this will affect the whole year's plan. I will feel disappointed in myself which will probably impact my relationship with my colleagues and kids as I won't be as happy.*

In 6 months

1 year

18 months

3 years

Tim Ferris says he can attribute some of his biggest wins and averting some of the biggest disasters to this exercise. He says "It's not a panacea, you will find that some of your fears are very well founded but you shouldn't conclude that without first putting them under a microscope. And it doesn't make the hard times and all the hard choices easy but it can make a lot of them easier".