

Knowing My Fears

Name: _____

Date: _____

Unless your fears are very specifically defined, you cannot overcome them. It is very hard to be ‘in control’ of what we are not aware of. Your fears (along with your limiting beliefs) are usually at the top of the list of the things holding you back, preventing you from taking the next step. Once you know your fears (at the conscious level), then you have the incredible power to remove the obstacles for making hard decisions and taking action. So give yourself enough time to reflect and know your fears: it is at least as important as knowing your goals (some would say, more). And repeat this exercise a few times every year...

WHAT IF I _____ What is the situation that creates the fear?

DEFINE What exactly is the fear? Get detailed; ask “so what?”	PREVENT What could you do to prevent it (each fear) from happening (even if it only decreases the likelihood by 1%)? Include asking someone else for help, if appropriate.	REPAIR If it does happen, what can you do to either repair the damage or get back on track?
<i>Being financially dependent, not self-sufficient; being in debt.</i>	<ol style="list-style-type: none"> 1. Commit to do a minimum of regular, paid work per month; 2. If necessary, be humble to do more ‘unskilled’ paid work; 3. Be aware of my spending and not use money frivolously; keep a minimalist approach but still be kind to myself and have some fun. 	<ol style="list-style-type: none"> 1. Create a medium-term plan to get rid of the debt/dependency; 2. Ask help from my parents, or take a loan; 3. Cut on unnecessary spending.