Fear Setting: A Free Template for Listing Your Fears Instead of Your Goals

Productivity expert and self-help guru Tim Ferriss developed this checklist to overcome his fears of taking action. Please save a copy or download the PDF free template.



Define: List the worst things that could happen

- [ ] 1
- [ ] 2
- [ ] 3
- [ ] 4
- [ ] 5
- [ ] 6
- [ ] 7
- [ ] 8
- [ ] 9
- [ ] 10

Prevent: List how you can stop the above bad things

- [ ] 1
- [ ] 2
- [ ] 3

- 4
- 5
- 6
- 7
- 8
- 9
- 10

Repair: If the worst happens, list how to repair each bad thing.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Benefits: List all possible benefits from taking this action

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

6 Months: List the costs inaction during this time

- 1
- 2
- 3
- 4
- 5

1 Year: List the costs inaction during this time

- 1
- 2
- 3
- 4
- 5

3 Years: List the costs inaction during this time

- 1
- 2
- 3
- 4
- 5

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