

The First Step to Unfear

Print, read and complete this worksheet to take a definite step towards facing any fear.

1. Limiting Fear

In a word or phrase, what fear do you want to address:

In a few sentences describe why this fear holds you back from the life you want in a few sentences:

2. Unfear Steps

Imagine we are placing this fear at the top of a ladder. If you were forced to, what action would you have to do to bring out 100% of this fear? Fill this in the space at the top. Then slowly go down and determine what 75%, 50%, 25% and finally 5% actions would be. Before you do this, please read the examples provided.

The best step can take towards Unfear is choosing to complete your 5% action. No matter the outcome it will boost your confidence and help you rewrite your inner-story around your fear. As you get comfortable repeating the 5% action, move up to the 25% and so on. Feel free to add steps in-between if needed (eg. 10% or 15%).

To help execute your 5% action we will create a tangible action plan below. A critical step is to share this plan with a close friend who can help you explore further and stay accountable to your intentions.

3. First Step Action plan

What:

When:

Accountability partner:

Message your accountability partner right now to setup a call to share this plan with them.

