

# Fear Setting with Tim Ferriss



## Put Your Fears Under a Microscope

The first page of fear setting is about getting up close and personal with your fears. Instead of shying away from thinking about it, you dive in head-first to understand them more clearly.

**Define:** List out everything you fear about the idea of taking action.

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**Prevent:** List ways you could reduce the likelihood of each of the worst-case scenarios from happening

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**Repair:** List the ways you could repair the damage if worst came to worst.

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Now, in the 'Define' section, assess the impact of the worst-case scenario. Rate 1-10, with 1 being very minimal impact and 10 being permanently life-altering in a significant way.

## Consider the Potential Benefits of Taking Action

On this page, give yourself space to be more open and consider what might go right if you do take action. Write down all the positive benefits of even an attempt or partial success at taking action.

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Now, assess the potential positive benefit of these successes. Rate 1-10, with 1 being very minimal impact and 10 being permanently life-altering in a significant way.

## Consider the Consequences of Inaction

On this page, consider all the consequences on inaction including financial, emotional, and physical at each time on the horizon. Be detailed, this step is equally as important as the others but often forgotten in decision-making.

### 6 Months

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The purpose of this exercise is to understand the true severity of 'worst-case scenarios,' the benefits of an attempt or even partial success, and the power of getting away from comfort and the status quo. Take time to examine significant fears more closely to keep yourself grounded in reality and focused on taking action.