FEAR MASTERY WORKSHEET

F - Name the FEAR and FEELING around it

Write down your fears and next to them write down what sort of feelings you have when you experience these fears. List as many as you need.

For example

THE FEAR:

- **I fear letting my team members down.**

THE FEELINGS

- **I feel helpless**
- **I feel alone**

Once you have done this, make three more lists and put the below headings on each list.

- **Define** — What are the worst thing/s could happen?
- **Prevent** — How do I prevent each from happening?
- **Repair** — If the worst happens, how can I fix it?

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E - What EVIDENCE do you have that is it real and EXPERIENCES of that FEAR

Make a list of the times when you've experienced those fears and what happened when those fears came to pass. Be honest with yourself, don't feel afraid to write down your fears.

A - What ACTIONS can you take to overcome it and ATTITUDE you can reframe around it

Make another list with each fear listed and write down 2 – 4 actions you can take to overcome this particular fear. Then next to each of these, write down what sort of attitude you would like to have when experiencing these fears.

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R - What RESULTS would you love to see in 1-, 3- or 5-years' time?

Next list 2- 4 results under each heading. These points are what you would like to see as a result of the actions you are taking to overcome your fears. Where do you see yourself in the future after overcoming or learning how to cope with a fear? Do you see yourself getting less stressed or anxious? Or do you hope it will make you a more empathetic and courageous leader?

One Year

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Three Year

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Five Year

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