

Define Your Fears

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You can't conquer fears unless you can name those fears. List below those things that make your palms sweaty or that tie your stomach in knots.

Define Your Fears

Journal Your Thoughts

Journaling can help organize your thoughts while allowing you to explore deeper emotions.

Use this space to answer questions that will help you further define your fears.

<p>What am I afraid of when it comes to growing or running my business as the leader?</p>
<p>Do any of these ideas surprise you? Why or Why not?</p>
<p>Can you think of specific experiences that might have formed these fears?</p>

How do you feel when you see your business starting to take shape?

Do you have the desire to eliminate these fears and change to a growth mindset? Why or why not?

What do you hope to accomplish?

Categorize Your Fears + Look For Patterns

What do your fears have in common? Do you see a recurring theme?

Categorize each fear as Vague or Specific.

For every Vague fear, dig deeper and define a specific fear.

Lastly, highlight those with a recurring theme.

Vague	Specific

Vague	Specific

Prioritize Your Fears

Instead of being overwhelmed with a long list of fears, use this space to prioritize each one.

Determine if each fear has short-term impacts (less than 1 year) or long-term impacts (longer than 1 year) on your business.

Short Term Impact	Long Term Impact

Give Each Fear A Number Value

Rate your fears from 1-4, with 1 being the fear that is most timely and should be tackled immediately.

For instance, getting over your fear of talking to people you don't know should happen rather quickly as opposed to cleaning out your desk.

Finding new potential customers and recruits has more of an immediate impact on your business than getting ready.

Rate Your Fears 1-4	
#1 Has the most timely impact on your business	
#2	
#3	
#4 important but can wait until your other fears are conquered	

Break Down Your Fears With Tiny But Bold Action

It's time to embrace the CEO mindset and take action to quell your fears.

Separate your SPECIFIC fears into 2 categories: Lack of Knowledge or Lack of Personal Motivation.

Lack of Knowledge	Lack of Personal Motivation

Delegate or Learn

As CEO, you simply don't have enough time in the day to do EVERYTHING.

So, based on the previous list, figure out a solution to your fears.

Do you REALLY want to learn something new, or do you want to delegate it?

The fears under the Lack of Personal Motivation will best serve you to be deleted, streamlined, or delegated.

Your Specific Fear	Your Solution

Your Specific Fear	Your Solution

Brainstorm Your Solutions

If you're having difficulty figuring out the solutions to your fears, use this space to brainstorm possibilities.

Journal the answers to these questions to gain more clarity.

Brainstorm Possible Solutions To Your Fears		
Your Specific Fear	What action can I take right now to get over this fear?	Is this fear out of my control at the moment?

BRAINSTORM POSSIBLE SOLUTIONS TO YOUR FEARS		
Your Specific Fear	What action can I take right now to get over this fear?	Is this fear out of my control at the moment?

Celebrate Small Wins

Celebrate every little win or action, no matter how small. Do this daily or weekly so you can feel a sense of accomplishment.

Your Small Wins		