

Fear Setting Activity

Unless your fears are very specifically defined, you cannot overcome them.

WHAT IF I _____

DEFINE (Worst Case)	PREVENT	REPAIR
Get detailed about what, exactly, you fear. Ask "so what?"	What could you do (for each) or ask someone to help you do to prevent this from happening (even if it only decreases the likelihood by 1%)?	For each, if it DID happen, what could you do to either repair the damage or get back on track?