



Write your FEAR as specifically as possible in the category that applies:

Ego	Scarcity	Failure

Identify the worst-case outcome if you make a commitment.

Are the potential negative outcomes temporary or permanent?

Estimate the *realistic* probability (expressed as a percent) of this outcome.

Name *specific* previous experiences you've had that support your assessment of the permanence and probability of the worst-case outcome.



In the event of your worst-case outcome, how would you recover? Be specific here as well.

Name one to three risk areas associated with your commitment. Indicate your perception of the current risk profile on a continuum.

		
		
		

EXAMPLE

<i>Price</i>	<i>High risk</i>	... ✕	<i>Low risk</i>
<i>Testing</i>	<i>More risk</i> ✕	<i>Less risk</i>

How can you reduce the perceived risks associated with your commitment?

Discuss the Fear Reduction information above with someone who has no stake in your commitment, like a coach, mentor, forum mate or peer. Invite them to challenge your thinking.

