

Fear-Setting Worksheet

Fear is a natural part of starting something new, especially when it comes to launching a business. This Fear-Setting Worksheet will help you confront your fears, analyze them critically, and create a plan to move forward with confidence.

Think of it as a mental rehearsal for success—because once you've faced your fears on paper, they'll lose their power over you. Take your time with this worksheet, and be honest with yourself. By the end, you'll feel ready to take the leap into entrepreneurship!

Step 1: Define Your Fears

Write down everything you're afraid of about starting your business. Be specific, and don't hold back. The more honest you are, the more effective this exercise will be.

Examples of Fears: - "I'm afraid I'll run out of money and go into debt." - "I'm afraid people will think I'm a failure if my business doesn't work." - "I'm worried I don't know enough to succeed." - "I'm scared I'll waste time and regret starting this."

What are you afraid of? Write your fears in detail here...

Step 2: Analyze the Worst-Case Scenario

For each fear you listed in Step 1, think about the absolute worst-case scenario if that fear came true. Be realistic—don't exaggerate or catastrophize. Then ask yourself:

- What would actually happen?
- How bad would it really be?
- Could you recover from it?

Examples of Worst-Case Scenarios: - Fear: "I'll run out of money." Worst-Case: "I might need to dip into my savings or take on a part-time job to make ends meet." Recovery Plan: "I could cut expenses, move back home temporarily, or freelance to earn extra money." - Fear: "People will think I'm a failure." Worst-Case: "Some people might judge me, but most won't care. I'll still have learned valuable lessons I can use for my next project."

Write your worst-case scenarios here...

Step 3: Plan for the Worst

Now that you've identified your worst-case scenarios, create a recovery plan for each one. Ask yourself:

- What steps could I take to fix the situation if the worst happened?
- Who could I turn to for help (family, friends, mentors, etc.)?
- What resources could I use to bounce back (savings, skills, connections)?

Write your recovery plans here...

Step 4: Identify the Cost of Inaction

What will it cost you emotionally, financially, and personally if you don't take action? Imagine yourself a year from now—how will you feel if you're still in the same place? What opportunities will you have missed?

Examples of Costs of Inaction: - "If I don't start my business, I'll feel stuck in my job and resentful that I didn't try." - "I'll miss the chance to create financial freedom and work on something I'm passionate about." - "I'll regret not taking the leap, and I might never know what I'm truly capable of."

Write the cost of inaction here...

Step 5: Take Action

Now that you've worked through your fears, it's time to take action. Fear loses its grip when you start moving forward, even in small steps. Write down 1-3 small, actionable steps you can take today to start your business.

Examples of Action Steps: - "Research my business idea and check if there's a demand for it." - "Set up a free website or social media page to test the waters." - "Reach out to a mentor or entrepreneur I admire for advice."

Write your action steps here...

Congratulations! By completing this worksheet, you've taken a huge step toward overcoming the fears that have been holding you back. Remember: Fear is a natural part of the journey, but it doesn't have to control you.

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