

Fear-to-Action Worksheet

Step 1: Name the Fear

■ What's the thing you've been avoiding?

Step 2: Identify the Real Fear

■ Are you afraid of the failure itself—or being seen failing?

Step 3: Small Bold Step

■ What's one small action you can take this week that edges you closer, even if it's uncomfortable?

Step 4: Reflection

■ After you take the step, write down how it felt. Did the outcome matter as much as you thought?

Notes:
