Watch the TED Talk here.

<https://www.ted.com/talks/tim_ferriss_why_you_should_define_your_fears_instead_of_your_goals>

Read more on Tim’s blog here. <https://tim.blog/2017/05/15/fear-setting/>

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| A picture of a winding road and trees  Fear Setting  A Strategy to prevent fears from stopping your progress towards your goals. | Overview  Does fear about what might happen sometimes get in the way of you making progress in your course or other goals you’ve set yourself? This strategy of Fear Setting explained by Tim Ferris on a TED talk may help. What is Fear Setting? Fear Setting is a strategy derived from Stoic Philosophy designed to prevent fears, irrational and rational, from preventing you progressing towards your goals. |

Use this template if fears of What if? are holding you back from taking action e.g. starting role playing as a mediator in your course with Mediation Institute.

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| **What do you want to do**? |  |

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| **Define the Fears** – list the worst things you can imaging happening if you did this. Be as outrageous as you want to be | **Prevent** – what can you do to prevent that from occurring? | **Repair** – if you were not able to prevent it what can you do to repair the damage? |
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| **What might be the benefits of an attempt or partial success?** |
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| **6 months** | **1 year** | **3 years** |
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**What is the cost of Inaction?**

**Emotionally, physically, financially, etc**

Are you ready to go? Put in place your preferred strategies to prevent any major disasters and do it!