

Fear Audit Worksheet

Name *what* is holding you back, size it honestly, then *plan* around it.

01 Your Fear Inventory

Write them all down first. No editing, no ranking yet.

02 Rate Each Fear

FEAR	HOW LIKELY (1-10)	HOW BAD IF IT HAPPENED (1-10)	IN MY CONTROL?

03 Deep Dive Your Top Fear

THE FEAR, STATED PLAINLY

WHAT WOULD ACTUALLY HAPPEN

WHAT I WOULD DO IF IT DID

04 Your Fear Action Plan

FEAR	ONE THING THAT REDUCES IT	BY WHEN

05 Evidence of Courage

Things you already did that once frightened you. Come back and add to this.

