

Overcoming Fear Worksheet

Fear is a natural response designed to protect us—but when it holds us back from living fully, it becomes a barrier to growth. Whether it's fear of failure, rejection, or stepping outside your comfort zone, these feelings can keep you stuck in cycles of self-doubt and hesitation.

This worksheet is designed to help you:

- ✓ Identify the fears that are limiting you
- ✓ Understand where they come from and how they affect you
- ✓ Reframe your mindset to build confidence and take action

You do not have to be controlled by fear. By recognising it, challenging it, and taking small steps forward, you can start shifting from fear to empowerment.

If you're ready for deeper support in unlocking your full potential, I'd love to help - get in touch to start your journey.

with love
Jessica



Identify Your Fear

Take a moment to write down a fear that's been holding you back, especially in your professional life or personal growth.

1. What is the specific fear you are experiencing?

Example: "I'm afraid of speaking in front of a large group."

Understand the Fear

Reflect on the fear and answer these questions to dig deeper:

1. What is the worst-case scenario you imagine happening?

- Example: "I might forget what I'm going to say and embarrass myself."

2. What is the probability that this will actually happen?

3. (Rate from 1-10, with 1 being very unlikely and 10 being very likely.)

- Example: "I would rate it a 3, because I've spoken in smaller settings without issue."

4. What evidence do you have that contradicts this fear?

- Example: "I have successfully spoken in meetings before, and people have given positive feedback."



"Change can be scary, but you know what's scarier? Allowing fear to stop you from growing, evolving and progressing."

~ Mandy Hale

Challenge Your Fear

Next, let's challenge the fear by asking yourself:

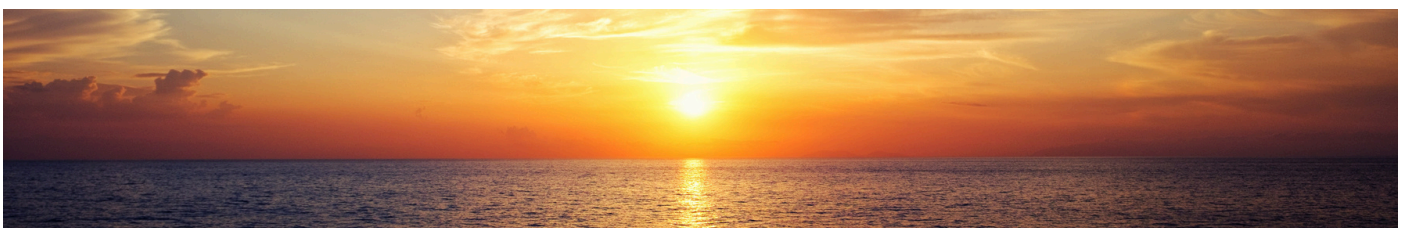
1. What's the best thing that could happen if you face this fear?
 - Example: "I could give a great presentation, impress my colleagues, and boost my confidence."
2. How would facing this fear benefit your personal or professional growth?
 - Example: "Overcoming this fear will allow me to grow as a leader and help me advance in my career."
3. What is a more balanced perspective on this fear?
 - Example: "It's normal to feel nervous before speaking, but with preparation, I can do well."

Break Down the Fear Into Smaller Actions

Now that you've challenged the fear, break it down into smaller, more manageable steps. Write down one small action you can take to move toward overcoming the fear.

1. What is the first small step you can take toward overcoming this fear?
Example: "Practice my speech in front of a mirror or with a trusted friend."

2. What other small steps can you take to build confidence before facing the fear?
Example: "Record myself practicing the speech to identify areas I can improve." "Learn relaxation techniques to calm my nerves before the speech."



Create a Supportive Affirmation

Create an affirmation to remind yourself that you are capable of overcoming the fear. This will help you stay focused on your progress and not the fear itself.

- Affirmation Example: "I am capable of facing my fears, and I trust in my ability to succeed."



Take Action and Reflect

Now, take the first step! After taking action, reflect on how it went:

- What action did you take today?
- How did you feel before, during, and after taking action?
- What did you learn from the experience?



Celebrate Your Success

Even the smallest step toward overcoming fear is an achievement! Take a moment to celebrate your progress.

- How can you celebrate your progress today?
Example: "I'll take a few minutes to relax and reward myself with something enjoyable."

Ready to take the next step?



[Book a free
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