

# 3 STEPS TO *Facing Fear* AS AN ENTREPRENEUR

How do our fears hinder us? How do we face them? What would our businesses look like if we used fear to spur us on instead of hold us back?

## STEP 1: WRITE DOWN THE PROS AND CONS

Work out the potential benefits and drawbacks related to what you feel nervous about or are afraid of.

1. PROS	2. LEADS TOO	3. NOW/LATER/NO
_____	_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 CONS		
_____	_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## STEP 2: EXPLORE WHAT EACH PRO AND CON COULD POTENTIALLY LEAD TOO.

If the best happens, what will you gain?

If the worst happens, how will you respond/what would it lead too?

## STEP 3: DECIDE IF THIS IS A FEAR TO BE FACED NOW, LATER, OR NOT AT ALL.

Some fears are no longer scary when you step back from the emotion and look at them logically. There are times when you may evaluate your fears and realize that now is not the time to face them, or that the cons outweigh the pros.

## LET'S CHAT

- If you had no fear, what is the first thing you would go out and do today?
- What does facing fear look like in your own business?
- What are your three biggest fears in business?
- What are some small steps you can take today to face those fears?
- How could facing your fears change the way you feel about yourself and your business?