



# Learn How to Reach Your Goals by Defeating Your Fears

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Healing Arts Institute of South Florida

**My fear is:**

**The worst case scenareo is:**

**I can bounce back by:**

**I can prevent this fear from happening by:**



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**If I don't do anything at all, this is what my life will look like:**

**The emotional impact will be:**

**The physical impact will be:**

**The financial impact will be:**

**On a scale of 1 - 10, my life is currently a:**



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**If I do the thing that I am afraid of, these are all the ways that my life will improve:**

**Even if I don't completely succeed, I will still benefit because:**

**On a scale of 1 - 10, my life will improve to a:**