

FEAR Less

Worksheet

What upcoming event or situation is making me feel nervous or scared?

Why does this make me feel this way?

What is the best case scenario?

What can I do to prepare myself for the best outcome?
List up to 5 tasks in order of importance.

- 1.
- 2.
- 3.
- 4.
- 5.

How do I want to feel regardless of the outcome knowing I prepared?
