

## YOUR TURN

The first step in facing our fears is acknowledging they exist. List any activities you've been afraid to try or goals you've avoided setting because you're worried you might fail:

Now, list the specific fears or concerns that would be holding you back from trying these activities or pursuing your goals:

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### READ

- ***Outliers: The Story of Success*** by Malcolm Gladwell
- ***Poke the Box: When Was the Last Time You Did Something for the First Time?*** by Seth Godin
- ***Educated: A Memoir*** by Tara Westover

### LISTEN

- ***How I Built This*** with Guy Raz – Springfree Trampoline: Keith Alexander & Steve Holmes
- ***The Startup Story*** with James McKinney

### WATCH

- ***The Most Important Decision is Getting Started*** | Laura Behrens Wu – YouTube. The twenty-six-year-old CEO and Co-Founder of Shippo built her company after meeting with 125 investors and receiving 115 rejections! Her story is one of persistence and using failure as an opportunity to grow and improve along the way.
- ***Brittany Runs a Marathon***. An overweight woman in New York City sets out only to lose weight but eventually completes the city's annual marathon.
- ***How to Achieve Your Most Ambitious Goals*** | Stephen Duneier – TEDxTucson

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## ACTION STEPS

Once we've acknowledged and named our fears, we can face them, one by one, by taking action. The smallest step forward is often the most important step!

Write down a dream or goal or activity that's important to you and list three immediate actions you can take to start down the path. Make sure these actions are manageable, easily accomplished and not overly intimidating.

**Goal:**

**First action steps:**

Set a date to complete each of these small actions and hold yourself accountable by sharing your list with a friend or champion.