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DO YOUR FEARS WORKSHEET

Instructions:

Make a list of the things you are allowing fear to stop you from doing, then set a date to “DO YOUR FEAR” (no chickening out – make sure you follow through, don’t just set the date) once you’ve done your fear, write how you felt after doing it and what the outcome was.

Things I’m Afraid To Do and Why.	Date I Did My Fear	How I felt After Doing It and What the Outcome Was.
Example: I’m afraid to ask Kelly out on a date because I don’t think I stand a chance and I’m scared of being rejected.	14 th of August 2005	I felt relieved that I got it off my chest and now she knows how I feel. She said yes! Don’t know why I didn’t ask her earlier.

Even if the outcome wasn’t what you expected, don’t beat yourself up about it, you’ve faced your fears and actually done it, you should be proud of yourself, many people don’t even try – you did,

and that's commendable. Remember the [So What Mentality](#). Keep doing your fears until they are no longer a hindrance.