

Face Your Fear Action Plan

BUSINESS/ CAREER FEAR

WHAT AM I AFRAID OF?

ACTION STEPS TO FACE IT

- 1.
- 2.
- 3.

MONEY FEAR

WHAT AM I AFRAID OF?

ACTION STEPS TO FACE IT

- 1.
- 2.
- 3.

HEALTH FEAR

WHAT AM I AFRAID OF?

ACTION STEPS TO FACE IT

- 1.
- 2.
- 3.

SELF FEAR

WHAT AM I AFRAID OF?

ACTION STEPS TO FACE IT

- 1.
- 2.
- 3.

RELATIONSHIP FEAR

WHAT AM I AFRAID OF?

ACTION STEPS TO FACE IT

- 1.
- 2.
- 3.

Face Your Fear Action Plan

Thank you for downloading the Face Your Fear Action Plan from <http://sagegrayson.com>. Use this worksheet to plan your next steps to overcome your toughest fears and doubts.

Instructions

- The first column lists different areas of your life including business/career, money, health, self, and relationships.
- In the second column, explain why you are afraid. Maybe you're scared of not making sales. Maybe you're scared of getting sick. Maybe you're scared that your partner will leave you.
- In the third column, write specific action steps you can take to face your fears. Maybe you'll create a consistent content schedule. Maybe you'll get regular doctor checkups. Maybe you'll talk to your partner about your fears.
- Keep your Face Your Fear Action Plan somewhere you'll see it every day and try to complete one action step per day. Soon you'll be living fearlessly!



Who's Sage?

Hey there! I'm Sage Grayson, a former book editor turned life and business coach. I'm a Life Editor . . . and so are you!

Like this worksheet? Use the code **LETSGO** to save 50% off my digital programs.

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