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We suffer more often in imagination than in reality. — Seneca JuniorYwa has already set goals — from career achievements to your athletic progress, you have the highlights to hit, and you are relentlessly pursuing them. But while goal setting is widely popular, one of the most important and overlooked exercises is that fear-setting. It's an exercise Tim developed that originally appeared in his bestselling book. He later highlighted it (below), which has more than 6 million views combined: Fear-setting has created my greatest business and personal successes, and has repeatedly helped me avoid catastrophic mistakes. For example, it caused Tim to take a 15-month break to travel around the world, which then led to the creation. In a nutshell, fear-setting is an exercise that lets you identify and face your worst fears, outline next steps to prevent or overcome them, and face the consequences of not taking action. You're more likely to see that things are not as bad as they seemed. With fear, you must consider the costs of your inaction—the costs of not making these important decisions—and create a plan to address those decisions. You are more likely to find that things are not as bad as they seem. This Coda template provides step-by-step instructions to help you navigate your own challenges and fears. how to use this template. The 2@When when I go to London will be rainy and foggy. I will depressed.@I I will miss the letter from the IRS, as I will not work for my business. Bring portable blue light with me to reduce depression. Change the mailing address of the file by using the IRS. Fly to Spain, get some sun, and reverse some of the damage from the gloom. Call a friend who is a lawyer to see what they would recommend to me do.@Gaining understanding the new culture@Not having to rely on supplements or drugs to stay asleep or go on sleep@No more phone calls about my business@Meeting new people every day I would otherwise not be able to meetI will not be able to travel to a wedding. My business will continue to grow, which will require me to work another 10 hours a weekI will get sick of all the stimulants I take to stay awake at work and from all depressed to go to bed. I will be a bottleneck in my business and it will fail. I still won't get attached because I can't keep the relationship. I will repeat my failures in other businesses. Some recent words of parting from the great modern Stoic: You caught Tim Ferris's recent Ted Talk: Why should you define your fears instead of your goals? As an entrepreneur it's home because I keep checklists to manage the constant chaos in my life. Of course, within these checklists there are several lists with personal and professional goals and decisions. But there's one list I don't have, and that's what Ferriss calls fear setting. In this Ted Talk, Ferris exclaims how to behave difficult choices, as well as results either take action or take no action. Ferriss shares this thing called Setting Up Fear as an important tool to help us overcome the fear of making difficult choices. Stoicism To fully understand and benefit from fear, you first have to understand stoicism. We must admit, I have heard this term many times, but did not understand its true definition. According to Google, stoicism is an endurance of pain or hardship without showing feelings and no complaints. When I think of stoicism, I usually think of great athletes, although philosophy is deliberately practiced by business leaders, successful entrepreneurs and anyone who has faced adversity. Athletes and coaches are excellent examples of stoic personality because they constantly face difficult decisions on TV and in the spotlight. Take Tom Brady, quarterback for the World Patriots champion New England. As he steps back to pass, the 300 pound athletes charged each way solely focused on crushing Brady before he throws the ball. Whether crushed by Brady, throws and interceptions, or incomplete passing, he remains stoic. He practices staying mentally tough without emotion or complaint, so he's better mentally prepared for the next play. Brady's head coach, Bill Belichick, is probably the definition of stoic. I mean, have you ever seen a man smile or show any emotion at all, why goes to war on a football field? How many NFL championships have they won together.... 5? Fear SettingThe path to stoicism can be guided by the Ferriss tool, which he developed called Setting Up Fear. Fear Setting is a three-page checklist of your fears, as well as possible results of action or inactivity. According to Ferris, Fear Setting is an operating system for prosperity in high stress conditions. It's a way to visualize all the bad things that can happen to you, so you are because less is afraid to take action. Think of mounting fear as the opposite of setting goals. Instead of making a checklist of what you want to do, make a checklist of what you're afraid to do and what you're afraid will happen. Fear Setting TemplatesI have developed a free checklist for ferriss fear configuration tool. You can save this checklist to your Checkli account or download a free PDF. Ferriss explains that the Fear Setting template should be three pages long and organized as follows. Click to download the free Fear Setting TemplatePage 1: Fear SettingMake three lists, with 10-20 entries each. Below are the names of each list and a free template to save or download. • Identify - What are the worst things that can happen? • Prevent - How to prevent everyone from happening? • Repairs - If the worst how can I fix it? Page 2: Setting up fearMake a list of possible benefits if successful or partially successful. Please save or download the free template template 3: Be afraid of settingmake three lists of costs for your inactivity. In other words, if I avoid doing this thing, what can I miss? Here are the lists and a free template to save or download. • 6 months • 1 year • 3 years, for a short time, imagine doing and saying what we avoid. Are you afraid to quit your stressful job? Are you afraid to speak your mind with a friend or husband? Are you afraid to ask for the boost you deserve? Are you afraid to take a year off? Are you afraid to ask for forgiveness? Often, these are the exact things we need to do for us to be happier and more successful. That's why fear of tweaking is essential. Please feel free to save a copy of each template above or download them as a PDF. Hard Choice = Easy LifeFerriss wraps up this Ted Talk with yet another example of a truly stoic personality. The man's name is Jezhy Gregorek. Having lost everything, Yeji left (fled) Poland at a time when its citizens faced a major backlash from his government.While I will let you watch Ted Talk and learn the details of Yeji's story, you should know that Ferriss counts Yezhi in the top 10 most successful and happiest people he has ever met. Faced with extraordinary difficulties in his life, and coming to America with nothing, Jage now enjoys a life of success and happiness. Jézhí had some brilliantly spoken words that profoundly influenced Ferriss. I'll leave you with his words, and of course I encourage you to check out Ferriss's Ted Talk. Easy choice, hard life. Hard choices, easy life. ~ Yeji Gregorek Qual è la cosa peggiore che può accadere? Esistono, nella vita, situazioni che possono portare una paralisi emotiva e motivazionale. Un momento di f Qual è la cosa peggiore che puo accadere? Esistono, nella vita, situazioni che possono portare una paralisi emotiva e motivazionale. Un momento di forte stress. Un lavoro che ci opprime al 12/14 ore al giorno, 6 giorni la settimana. Situation spiacevoli che not abbiamo il coraggio di affrontare, perché abbiamo paura. E-la-Paura si paralizza. Sappiamo che abbiamo bizonò di cambiamento radical, di fare una scelta importante che potrebbe aiutarci a stare meglio con noi stessi. Eppure is not lo facciamo. Okche not conosciamo fondo le conseguenze di quella scelta. In verità, paralizzarci, è il non riuscire is a certain esattamente cosa ci spaventa così tanto. Secondo Tim Ferriss: imprenditore e autore di bestseller che non ha bisogno di molte presentazioni, per superare le nostre paure dobbiamo dargli un nome preciso. Dobbiamo cioè riuscire is certain in maniera esatta, cercando di immaginare e descrivere il più precisamente possibile lo script peggiore potrebbe capitarci se compiamo una scelta radicale. L'esercizio proposto da Ferriss for superare lo panto si chiama fear-setting, che puo essere tradotto con identify fear. I do this exercise at least once every 3 months, often even once a month. It's the most powerful exercise I do. Fear-setting has helped me achieve my greatest successes, both in my private life and in business. Helping me avoid catastrophic mistakes. BrainQUICKEN: The first Ferriss startup One of the first times Tim has resorted to the fear-setting method, after launching his first startup BrainQUICKEN (we told the story of his leaks here). He earns \$70,000 a month, which he considers huge. I didn't know how to spend it, he says. However, I was absolutely dissatisfied, I was never worse. I didn't have time, and if I kept going like this, I would literally die from work. Tim is convinced he has no chance of getting out of it. She doesn't think she can sell BrainQUICKEN because she believes she has a birth defect that makes her unfit. At the same time, he does not know how else he can make a living. He can't get out of it: he's paralyzed by fear. I felt trapped and stupid at the same time, he says. How to escape from this self-inflicted captivity? Take the journey: sabbatom to travel the world. It's a decision, they say. But he can't make up his way. For another 6 months, he basks in the shame, embarrassment and anger caused by his failed entrepreneurial adventure (he will soon be able to sell it). Meanwhile, he continues to find a number of absurd reasons why he could never leave. Then at one point lighting: Why not try to determine exactly what my worst nightmare would be: what might be the most serious consequences if I decided to go on this trip? And he doesn't mean it as a rhetorical question. Tim starts writing exactly what might have happened: Well, my business can fail while I'm abroad. And it probably will. The lawyer's letter may not have informed me and I would end up suing. My company will be closed and stocks will go to spend on shelves, while I lay alone on a chilly Irish beach. I think I'm crying, in the rain. My bank account will dry up by 80% and of course the cars and motorbikes I have left in the garage will be stolen. I suppose then someone spat on my head from the balcony while I was feeding a stray dog that would end up biting me in the face, Tim's worst nightmare, defined accurately. It's a pretty horrible scenario. And yet, something unexpected is happening there. READ ALSO: Being more autonomous to be happier: tips for a full life Tipping Point Once the scenario is determined It's funny,' says Tim. At a moment when this sense of unadulterated discomfort and the unnamed anxiety he constantly feels turns into a realistic prediction, into his worst nightmare, Tim is no longer afraid. Suddenly I started thinking about the simple steps I could take to keep my last financial resources and get back on track, he says. If all he thought had been achieved, Tim would still have had enough options to start again. I could always find a part-time job as a bartender to pay the rent. I could sell some furniture and cut down on food outside the house. I could steal lunch money from kindergarten kids who walk past my apartment every day, he says between serious and amusing. On a scale of 1 to 10, he explains, if the worst effects of his choice were to occur all, they could have an impact (however temporary) of about 3-4. I mean, his life won't end there. On the other hand, in the best scenario provided as a result of his choice to leave, Tim could have reached 9 or even 10 before constant and positive changes. In a different way, I risked an unlikely and temporary 3-4, for a probable and permanent 9-10. Staging fear: A 7-step path over the years, Tim more accurately defined the process that led him to outline the worst case scenario as a consequence of his choice. Reduce it to a 7-step path. These are a number of questions that are good to ask when we are afraid to make the leap, small or large, into the unknown, out of our comfort zone. The advice is to answer the question by writing everything in black and white without leaving your mind too free to wander endlessly. Define your nightmare. Here we must outline the worst possible scenario as a result of our choices. It is very important to be accurate in this: what doubts, fears, terrible hypotheses could be realized? Could they bring you to the end of your life? Can they lead you to final changes? If so, how significantly on a scale of 1 to 10? What are the chances of these hypotheses becoming a reality? Recover the damage. Even if all you hypothesized in point 1, happens, what steps can lead to an error correction? How could you get back in control of the situation? It's probably a lot easier than you imagine,' Tim explains. Identify a more likely scenario. Imagining the end of the world, pause for a moment and reason: what may be the consequences or benefits – both temporary and permanent – choices in more Here also, be detailed and answer the question in paragraph 1.: Can they lead you to a final change? If so, how significantly on a scale of 1 to 10? What are the chances that the changes will lead to a positive, if moderate, effect? What if you're shelled? Again, try to imagine what would happen if they fired you today. How could you keep your life in check financially? This can be a good exercise if you are thinking about leaving a job that doesn't satisfy you. What are you missing? Fear prevents us from doing what we need to do most, Ferris explains. This phone call, this conversation, whatever the action, fear of unknown consequences prevents us from doing what we really need to do. The advice here is to do, every day, what we fear: The habit I've acquired by contacting celebrities and well-known entrepreneurs asking for advice, he says. How much does it cost you? Standing still is not a free option. Constantly postponing the action has a cost: financial, emotional, even physical. Not only do you assess possible shortcomings of acting it is equally important to measure the excitable cost of inactivity, explains Tim. Here it is important to ask: where will I be in 5, 10 years, if I do not try to pursue my true goals, which I am passionate about? What are you waiting for? You're afraid it's ok: the rest of the inhabitants of this planet have it. At this point in the journey, you realized how unlikely the catastrophic consequences you imagined. You measured the cost of inactivity. You have developed the most important habit for those who achieve perfection. All you have to do is act. Ferriss has also created a kind of scheme to complete 7 steps: you can find it at this link: READ ALSO: Tim Ferris: how to manage, working only 4 hours a week

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