



## Checklist 11: How to Beat Your Fear Mindset

Project Name: \_\_\_\_\_

Date: \_\_\_\_\_

Yes No

*"To conquer fear is the beginning of wisdom." – Bertrand Russel*

*Fears result due to a mixture of emotions such as failures, success or even the fear of the unknown. Fears vary in intensity, and it is crucial to overcome them to succeed in life. We've compiled a checklist to help you on the journey of beating your fear mindset:*

### Starting Up

- |   |  |   |
|---|--|---|
| 1 | Start by defining your fears.  | <input type="checkbox"/> <input type="checkbox"/> |
| 2 | It is more important to define your fears than your goals because fears can act as a hindrance between you and your goals.                                     | <input type="checkbox"/> <input type="checkbox"/> |
| 3 | Ask yourself about the nature of your fear:<br><br>> <i>Is it a fear of heights?</i><br>> <i>Is it a fear of success?</i><br>> <i>Is it a fear of failure?</i> | <input type="checkbox"/> <input type="checkbox"/> |
| 4 | Ask yourself questions similar to those above to find out why you have a particular fear.  | <input type="checkbox"/> <input type="checkbox"/> |

*Notes*

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5 It is critical to understand your fear to defeat it. Invest time in understanding your fears.

6 Ask yourself about how the fear is brought about.

7 Ask about how it makes you feel.

8 Does the fear only involve butterflies, or is it an intense gut-wrenching experience?

9 Determine the intensity of your fear so that you can help yourself overcome it.

### Next Up

1 Work on contextualizing your fears. Determine how much of a hindrance your fear is. Find out if it can act as a barrier to your success.

2 Answering yourself with honesty will help you determine an action plan against your fear.

3 If you need help, seek help.

*Notes*

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- 4 Join in community support programs or use online resources or talk to people whom you are close to.
- 5 Educate yourself about your fears so that you can understand how they came about and in turn can counteract against them.
- 6 Develop a positive attitude throughout the process.
- 7 Try learning from your mistakes and dont give up. Try and try again upon falling.
- 8 Believe in taking action. Build a solid, concrete plan to overcome the fear. If you have a public speaking fear, join a toastmaster's club or practice speaking more in public situations etc.
- 9 Step out of your comfort zone and do not be afraid to expand and explore yourself. Grow out of your barriers gradually and maximize your potential.

*Notes*