

Ally - Fear Setting*

Fear	Reduce Likelihood	Recover if it happens
A concrete 'worst case' fear that might keep you from acting / changing as you want	Ways in which you can concretely reduce the likelihood of this fear's outcome occurring	Concrete ways in which you can recover and carry on if this fear's outcome does occur

* Based on Tim Ferriss's Fear Setting practice:
<https://tim.blog/2017/05/15/fear-setting/>