

Fear Processor

<i>Fears</i> What scares me?	
Avoid	Adapt
What fears will have a negative impact on my life if they come true?	What actions can I take to adapt my current MO to change the outcome?
1	
2	
3	
4	
5	
6	
7	
<i>Embrace</i> Which fears require me getting outside my comfort zone and are good for my growth?	
	
	
	