



# Getting Un-Stuck

**Courage – Taking Action in the Face of Fear**

**-----based upon-----**

***The Power of “Fear Setting”***

***By Tim Ferris***



**“We suffer more often  
in imagination than in reality.”**

**- Seneca (Stoic Philosopher)**



**Some fears keep us alive...**

**Some fears keep us from living.**

**So what do we do?**



- **Stoicism – (Mindset to Consider... Learn From)**
  - **An Operating System For Thriving in High Stress situations**
  - **Separate what we can Control from what we Can't**
  - **Superpower to Reduce emotional re-activity.**



**•Fear Setting... 3 Step Process..**



# Fear Setting

## I. What if I...?

### - Define -

1.

2.

3.

...

10.

### - Prevent -

1.

2.

3.

...

10.

### - Repair -

1.

2.

3.

...

10.



# Fear Setting

**II. What might be the benefits of an attempt or partial success?**



# Fear Setting

## **III. The cost of inaction: (Emotionally, Physically, Financially, etc.)**

**- 6 months**

**- 1 year**

**- 3 years**

“What we don’t often consider is, the atrocious cost of the status quo.”

- Tim Ferriss





**“Easy choices, hard life.  
Hard choices, easy life.”**

**- Jersey Gregorek**

**“We suffer more often  
in imagination than in reality.”**

**- Seneca**



- **Groups of 2 or 3....**
- **Individual... “What if I...” Define Fears... 1-10**
- **Partners.....Explore**
  - **Prevent .... Repair.**
  - **Benefits**
  - **Costs of Inaction....**