

LIST your FEARS

Define:

Ten Tips course - fear of content not being good enough to match people's expectations. Meaning I would not be able to satisfy 85% of people which was my original plan.

Not going to events/venues - I always wanted to avoid going to events or venues where there would be a lot of people which I do not know. My primary fear is that I would be perceived as not accomplished as they are career wise, as well as life wise in general.

Prevent:

Ten Tips course - Ask target market about what they want, look at other similar courses like mine, simplify material being presented, Ask acquaintances what they think of my course prior to official release.

Events/venues - to prevent appearing not good enough at the events I can say that I have accomplished some smaller things in the past and give them a few things that I am currently working on to improve in the future. This way they will see that I am improving and it will neutralize my brain from overthinking.

Repair:

Ten Tips course - I could always gather feedback and re-film the course to better match people's expectations.

Events/venues - in the short term nothing bad happens since I just do not go to any events. In the long-term it would probably hurt me since I could meet someone who could help me in business or personal life.

* Also, I could still go to an event but stay a shorter amount of time if I really don't like it.

What are the BENEFITS of PARTIAL SUCCESS?

Benefits of: Imperfect course

- I would be able to release the course to the public faster when it is not perfect, since I am spending less time on it.
- I would be getting feedback from people faster in terms of what they liked or did not like and what I can improve
- By releasing the course and interacting with people I would feel happier and more confident that I have actually done what I wanted to.

Benefits of: Going to events

- I might learn how the events are actually hosted and why do people come, since it is great to know people's motives.
- I could meet people that could become my friend or business partners or anything else could happen
- With every event I would have more experience and practice which will diminish my fear of being not accomplished enough compared to other people

* NOTE: It actually [↓] may be the opposite, where I am more accomplished than they are.

Also, a lot of this fear is just in my head... it is not real.

TOTAL COST OF INACTION

6 months

Ten Tips course - I would never know how this course could actually help people if I don't finish it. I would not know what opportunities may come because of this course.

Events/venues - I would continue to have fear of events which I actually do not want to have. If I get invited to come to a private event than all the past events I have been to would serve as practice... so I would feel more comfortable at this private event without being anxious.

1 YEAR

Ten Tips course - well, if so much time passes without me having any feedback because I have not rolled out the course then I would be really PISSED off because I waited... and therefore wasted so much time.

Events/venues - Emotionally I feel like I would miss a lot of fun that I could have had. Also, I would lose many opportunities to meet people; since that is really important in life. I know I would regret that I did not go to any event especially when I had the opportunity to do so.

3 YEARS

Ten Tips course - in the long term this course could lead to a totally new career which would never happen if I publish it now and start interacting with people.

Events/Venues - I have realized that if I actually go to events for 3 years and learn how to interact with people better in different situations, than I will no longer be scared of going to events. This means that if I still don't go to events for 3 years than I would still have this fear, which I don't need to have. It could be fully eliminated if I put in the effort.

REWIRE YOUR BRAIN FROM: HOPELESSNESS TO HAPPINESS

Visualization Practice Activities

Fear: Going to Events/venues/meet ups

Visualization # 1

Imagine how I Am
walking up to different
people and introducing
myself to them
- work I do
- my future plans

Visualization # 2

Visualization # 3

Amount of Practice Time:

10 min

Amount of Practice Time:

Amount of Practice Time:

Frequency of Practice:

SAT + SUN morning
(weekly)

Frequency of Practice:

Frequency of Practice:

Brain Rewiring Action Activities

Fear: Going to Events/venues/meet ups

Action Activity # 1

Go to A party,
business event, wedding
or any other meet up
once A month
- pre-book my
calendar

Action Activity # 2

Action Activity # 3

Amount of Practice Time:

1-3h /per event

Amount of Practice Time:

Amount of Practice Time:

Frequency of Practice:

(monthly)
one event per month

Frequency of Practice:

Frequency of Practice:

For each **VISUALIZATION** and **ACTION ACTIVITIES** select 1 - 3 you can practice with to begin the rewiring process. Start with **low practice time** and **low frequency** which is comfortable for you handle. After one month of practice increase the practice time **first** and leave frequency the same. Increase frequency later on while maintaining your previous comfortable practice time. Once you feel comfortable, then you can increase the frequency of practice also.