

THE FEAR TO ACTION CHECKLIST

5 Steps to Move Forward When Fear Shows Up

Fear shows up when something matters.

The problem isn't fear — it's letting fear make decisions.

Use this checklist anytime you feel stuck, hesitant, or unsure of your next step.

1. NAME THE FEAR

Ask yourself:

- What am I actually afraid of right now?
- Failure?
- Change?
- Judgment?
- Success?

Fear loses power when it's named.

2. IDENTIFY WHAT'S AT STAKE

Ask:

- Why does this matter to me?
- What opportunity exists on the other side of this fear?

Fear usually guards something important.

3. DECIDE ONE CLEAR ACTION

Not five.

Not ten.

One.

Ask:

- What is the smallest meaningful action I can take?

Momentum starts small.

4. COMMUNICATE WITH CLARITY

Fear thrives in silence.

Ask:

- Who needs to know what I'm doing?
- What conversation have I been avoiding?

Clear communication reduces fear's grip.

5. MOVE ANYWAY

You don't need confidence first.

Confidence comes *after* action.

Take the step.

Adjust if needed.

Keep moving.

FINAL REMINDER

Fear isn't the enemy.

It's the indicator.

Everything you want exists on the other side of fear.

Tim Says I Can.