

What's holding you back? What do you need to overcome to fulfill your potential? Print this worksheet, create your list, post it somewhere to keep it up and visual, and start at the top of your list. When you overcome a fear, cross it off and move on to the next one. Be sure to share photos of your progress with me @TomFerry.

## Fears to Conquer

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## Fears Conquered

Use this space to celebrate your wins by writing which fears from above you've conquered.

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