



Answer the following questions and prompts:

1. Name a commitment you are struggling with or hesitant to make.

2. Identify your fear concerning the commitment as it applies to the following categories:

Ego	Scarcity	Failure

3. Identify your inspiration — the WHY. Be visionary and specific. What are the potential benefits, gains, or advancements driving this particular commitment? What will expand or grow as a result of making it?



4. Work the Fear Reduction Process (< F)

Identify the worst-case outcome if you make a commitment.

Are the potential negative outcomes temporary or permanent?

Estimate the *realistic* probability (expressed as a percent) of this outcome.

Name *specific* previous experiences you've had that support your assessment of the permanence and probability of the worst-case outcome.

In the event of your worst-case outcome, how would you recover? Be specific here as well.



Name one to three risk areas associated with your commitment. Indicate your perception of the current risk profile on a continuum.

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EXAMPLE

<i>Price</i>	<i>High risk</i>	... ✕	<i>Low risk</i>
<i>Testing</i>	<i>More risk</i> ✕	<i>Less risk</i>

How can you reduce the perceived risks associated with your commitment?

Discuss the Fear Reduction information above with someone who has no stake in your commitment, like a coach, mentor, forum mate or peer. Invite them to challenge your thinking.

5. Engage in the Inspiration Improvement Process (2I > F)

Write a detailed description of the best possible outcome. Include both potential short-term and long-term gains. Make it vivid. Continue on the back of this page if you need more space.



Describe how this best-case outcome supports your life's purpose and/or other important major life aspirations.

Name other people who succeeded after making a similar commitment.

1

2

3

Name specific previous experiences and examples of *your* success that affirm and support your ability to attain a positive outcome.

6. Work steps 4 and 5 until you feel like the magnitude of the inspiration for your commitment is at least twice the magnitude of your fear ($2I > F$). Use *logic* to evaluate your fear and *emotion* to evaluate your inspiration.

7. Reevaluate the commitment, and if applicable, describe you're the next action you'll take to move forward.

