



Facing Fear: Personal Challenge Worksheet

Purpose: This exercise helps you explore a personal challenge you've avoided due to fear of failure, plan your approach, take the first step toward action, and learn a bit more about how to approach similar challenges in the future. It's neuroplasticity at its best and you're rewiring your response to a fear of failure starting NOW!

Section 1: Identify Your Challenge

1. What is something you've avoided trying or tackling because of your fear of failure? (Be honest and specific.)

2. Why are you afraid to fail at this? What thoughts or outcomes are holding you back?

Section 2: Plan Your Approach

List 3–5 concrete steps that would be required to face or complete this challenge.

Step #	What needs to happen?	Why this step matters
1.		
2.		
3.		
4.		
5.		

Section 3: Take Action

1. What is the first step you can take today toward facing this challenge?

2. Action completed: (Describe one small, actionable thing you did — or will do — to begin.)

Date: _____

1. What thought showed up first when you were given this challenge: confusion, excitement, competitiveness (with others or yourself), annoyance, something else?

3. What did you learn about yourself through this exercise? What do you think your approach to this challenge says about how you approach problems or challenges in general?

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5. Teams can help us grow for many reasons. They often help us gain insights we may not have seen on our own and they help hold us accountable. List 3 people who could be on your accountability team for the actions you've outlined today. Now, make a plan to reach out to them with a request to hold you accountable!

Section 5: Lunch Reflection and Prep for Group Debrief

1. What surprised you most about the action you chose to accomplish?

2. Why do you think you had been putting it off?