

IMPROVE YOUR COACHING SKILLS

CHALLENGE

FEAR (Level 1)

Fear _____

10 Benefits of this fear happening

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

10 Drawbacks if the fear doesn't happen

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Fear _____

10 Benefits of this fear happening

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

10 Drawbacks if the fear doesn't happen

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Fear _____

10 Benefits of this fear happening

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

10 Drawbacks if the fear doesn't happen

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAY 3 WORKSHEET

DAY 3 WORKSHEET