

RESOURCES

Activity x

Overcoming Fear

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Decide upon a task that is difficult for you to accomplish—one that makes you anxious or one that you have postponed doing. For example, your goal might be to make a public speech. Enter your goal in the box at the bottom of this page and the date by which you intend to have accomplished it. Then break that task into six smaller steps; for example, (1) deciding upon a topic for a speech, (2) finding books about the topic at the library, (3) taking notes, (4) making an outline, (5) writing the speech, and (6) practicing the speech. In the box for each step, write the date you intend to complete it.

STEP 1:

DATE:

STEP 2:

DATE:

STEP 3:

DATE:

STEP 4:

DATE:

STEP 5:

DATE:

STEP 6:

DATE:

GOAL:

DATE: