

Instructions

Do one thing every day that scares you a little more than the thing you did the day before.

Ex Situation *Orchestra rehearsal*

What were you afraid of? *Botching the opening of my solo*

What action did you take? *Was tempted to hold back a bit, but went for it anyway*

What was the result? *Nailed it; conductor gave me an approving nod*

Day
1 Situation _____

What were you afraid of? _____

What action did you take? _____

What was the result? _____

Day
2 Situation _____

What were you afraid of? _____

What action did you take? _____

What was the result? _____

Day
3 Situation _____

What were you afraid of? _____

What action did you take? _____

What was the result? _____

Day
4 Situation _____

What were you afraid of? _____

What action did you take? _____

What was the result? _____

Day

5 Situation

What were you afraid of?

What action did you take?

What was the result?

Day

6 Situation

What were you afraid of?

What action did you take?

What was the result?

Day

7 Situation

What were you afraid of?

What action did you take?

What was the result?

Reflection:

What is one Insight you gained?

What is one question you have?