

## Mind Journey

We all worry to some extent about what might happen in the future. As much as we try to predict what will happen, there will always be uncertainty, which causes fear. So, in this particular situation you might be anxious about:

- Starting a business that doesn't work out
- Learning new skills but lacking comprehension
- Stepping into the spotlight with your business but being rejected

Even though these examples are hypothetical, we all make some decisions we are uncertain about. Considering the worst-case scenario can be a useful way to mitigate our fears. This practice comes with a lot of benefits, for example:

- understand and accept fear
- learn to train and prime the mind for uncertainty
- experience less stress and anxiety when dealing with a crisis
- create realistic expectations and avoid disappointment
- create an environment you can prosper in
- spend more time doing rather than worrying
- have more appreciation and gratitude for life

I've created a short mind journey, to lead you through your worst-case scenario. Don't worry, it only takes place in your mind, and its questions will help you to see your fears more objectively.

You can do this for every situation you feel anxious about, to start gaining the courage to step out of your comfort zone.

## 1) Visualisation

1. Think about the situation in which you feel the fear. What is the worst thing that can happen to you if the fear becomes real?

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2. What can you lose if the fear becomes real?

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## 2) Mitigation

1. Can you accept the consequences of the worst-case-scenario?

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2. How can you deal with the worst-case scenario?

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3. Can you deal with this going all wrong?

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4. What's your safety net?

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5. What systems can you put in place to mitigate the downside?

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