

How to embrace

THE FOUR FE4RS®

of Business Ownership

The 'Almost Ready'

CHALLENGE WORKSHEET

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THE FOUR FEARS® GUY

The 'Almost Ready' Activity Challenge

Let's get you closer to the habit of taking regular, brave action reducing the *almsots* and *yets* from your business.

By gently but consistently moving forwards, you are building familiarity (or 'muscle memory') in terms of doing the right things you need for the results you want, without worrying about perfectionism or getting caught up in procrastination.

Action leads to motivation - each micro *win* is building evidence that you **are** ready.

Also, the results you get from each little step are helping to reprogramme your super computer brain, as it accepts a new, more helpful and more rewarding definition of what *ready* and *good enough* look like for you and your *Big Business Wish*.

What 'almost' shall we work on today?

Write down a business task that you have been meaning to make progress on:

What difference would it make to your business if you could complete this task?

If hesitation was not an issue, when would be the best time to complete this task?

How would completing this task make you feel?

Set the challenge

Now let's explore how we are going to make this all happen for you.

What one thing could you do today to move this task forward?

What one thing (barrier) is stopping you from taking that action?

What could you do to remove that barrier??

Make a plan

From your notes above, you are now clear as to what you want to achieve, by when and what the first step needs to be.

Let's now break this 'almost' down into smaller, manageable (and less scary) chunks:

Repeat below - the task you wish to complete and the date you will complete it by:

My <i>Almost</i> Task	
Victory Day	

You did it!

How do you feel now it is done? Was it harder or easier than you expected?

What are your top learnings and takeaways from this activity?

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What went well - what would you do differently for the next *almost*?

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What are you going to reward yourself with now that this 'almost' is gone?

My 'Treat'	
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One 'almost' down... how many to go? What is the next task you have been putting off? Go through the activity again.

Every time you confront something that you have been avoiding and reduce it to small, acceptable and achievable *wins*, the hesitation will reduce - until you have pretty much removed *almost* and *yet* from your working vocabulary.

Go again - Victory is just a couple more 'almosts' away!