

*How to embrace*

# THE FOUR FE4RS®

*of Business Ownership*

*The Pros (& More Pros)*

**LIST OF POSITIVITY**

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THE FOUR FEARS® GUY

## *The Pros (& More Pros) List*

Without exception, there will be positives to take from every action or activity you have taken part in to date. We are going to look for the diamonds in the rough together.

### *The challenge at hand:*

- Think of a recent experience that you would currently rate around 4/10\* in terms of your opinion of its success (an emotional opinion perhaps...?)
- Note why you have given it this score
- Write a list of what went well / what you learned from this experience - think of at least five things
- When you have five... add three more
- Reflect on these successes - no matter how small they seem at first, they are evidence of progress
- Revisit that score out of ten

\* For clarity, a score of 10/10 would mean that the experience was an unrivalled success. A score of 1/10 would mean it was an unmitigated disaster. We're looking for actions that you'd rate towards the lower end of that scale

## *Define the task or experience*

**What is the experience, task or activity that you have scored 4/10?**

**Why did you give it that score?**

**Write down at least five things that, on reflection, went well during that experience:**


**Write down another three (or more):**


**Reflect on the (at least) eight positive takeaways you have from the experience - how do they make you feel?**

**What score out of ten would you now give the experience?**

**What (if anything) made you change your score?**

On the assumption that your score has nudged slightly (or more) closer to 10/10, how might this change alter your perception / reflection on other experiences that (to date) you may have viewed as *failures*?

By all means, download this again and repeat the exercise with some of those.

**TOP TIP:** Even if you struggle to find five positive takeaways, the fact that you have found one or two will, over time, nudge your *good enough-ometer* into a much less hesitant place.

**Turns out you were better at this than you thought.**

*Told you so!*