

Assignment 22 – FEAR Inventory

1. Continue to finish your FEAR TRAIN. Do you see a pattern of core fears? See BBW-WOL appendix for examples. Remember - These do not take long to write - just a few minutes!
2. Complete at least one FEAR TABLE (see the example in appendix BBW-WOL). Note: If you see the behavior of DISHONESTY when you are experiencing fear - then the principle might be COURAGE. Then ask yourself: "What would someone with courage do?" Your answer here becomes a VISION STATEMENT and ACTION PLAN to aspire to (It is the column 5 on the FEAR TABLE).
3. Consider taking an accountability partner for some of the actions you are highlighting in the column 5 of the FEAR TABLE.
4. Continue to LISTEN: 37. Step 4 - Fear Inventory (1/2) [CLICK HERE](#)
38. Step 4 - Fear Inventory (2/2) [CLICK HERE](#)