

Fear Inventory Worksheet

Instructions:

Fear loses power when it's named. Use this checklist to identify **what's really standing in your way**.



Check any fears that resonate with you.



Add notes beside them if something specific comes to mind.

1. Fear of Change



I'm afraid of leaving what's familiar.



I'm afraid things will get worse instead of better.



I'm afraid I'll regret my decision.



I'm afraid of losing control.

2. Fear of Failure



I'm afraid to try because I might fail.



I'm afraid I'll disappoint myself or others.



I'm afraid I don't have what it takes.



I'm afraid of making the wrong choice.

3. Fear of Success

- ☐ I'm afraid of who I'll have to become to succeed.
- ☐ I'm afraid people won't like me if I grow or change.
- ☐ I'm afraid success will bring pressure I can't handle.
- ☐ I'm afraid I'll outgrow people or situations I care about.

4. Fear of Judgment

- ☐ I'm afraid of what people will think.
- ☐ I'm afraid people will laugh at me or criticize me.
- ☐ I'm afraid I'll be misunderstood.
- ☐ I'm afraid I'll be seen as "too much" or "not enough."

5. Fear of Losing Identity

- ☐ I'm afraid I won't know who I am without this role or story.
- ☐ I'm afraid of letting go of old versions of myself.
- ☐ I'm afraid of becoming someone I don't recognize.
- ☐ I'm afraid my growth will mean I can't go back.

6. Fear of Vulnerability

- ☐ I'm afraid to be seen for who I really am.
- ☐ I'm afraid of being rejected if I'm honest.
- ☐ I'm afraid to ask for help or admit I'm struggling.
- ☐ I'm afraid to take up space or need too much.

7. Fear of the Unknown

- ☐ I'm afraid of not knowing what comes next.
- ☐ I'm afraid there's no safety net.
- ☐ I'm afraid to trust what I can't yet see.
- ☐ I'm afraid of stepping into something unpredictable.

8. Your Personal Fears

Write in any other fears that surfaced as you worked through this list.

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Reflection Prompt

Once you've checked your fears, look for patterns.
Ask yourself:

- Which three fears show up most often in my life?

- What is one small action I can take that challenges these fears?

"Courage doesn't mean you have no fear. It means you've decided something else matters more."