


Fear Journal



A 30-Day Guided Journal



Daily Entry

Created with LoomJournals



How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns



Scan for a detailed guide on how to use this journal

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Worst case scenario *(describe the absolute worst that could happen. how permanent would it be? could ...)*

Best Case Scenario *(envision the best possible outcome if you face this fear. what opportunities could op...)*

Probability Check *(on a scale of 1-10, how likely is the worst case? what evidence supports or contradict...)*

Action steps *(concrete steps you can take today toward your goal)*

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