

Fearproof Planning and Debriefing Tool

What core fear do I want to face? _____

What triggers are associated with it? _____

What roots are associated with it? _____

What is my plan to face my fear? _____

How am I going to prepare myself? _____

How am I going to equip myself? _____

What scriptures have I memorized to encourage myself? _____

After you face your fear

What story am I going to tell myself about my experience of facing my fear? _____

What will I do different the next time I face my fear? _____

What will I do the same next time I face my fear? _____
