

# Feel the Fear and Do It Anyway

by Susan Jeffers

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

**01 Translate one pain phrase**

Catch one line like I cannot, I should, or what if. Rewrite it as I choose, I am learning, or I can handle it before you act.

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**02 Make one no-lose decision**

Pick a decision you have inflated into a life sentence. Turn it into a 48-hour experiment with a clear lesson to collect.

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**03 Take a fear-with-you step**

Choose one avoided action small enough to complete today, then do it without waiting for confidence to arrive first.

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**04 Build a support scaffold**

Add one witness, deadline, script, or environment cue that makes courageous action easier to start and harder to dodge.

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**05 Record proof after action**

After the step, write what happened, what you handled, and what the fear predicted incorrectly. Let evidence accumulate.