

1 Corinthians 16:13 - Be on your guard; stand firm in the faith; be courageous; be strong.

Courage (CURF) Worksheet
C (Conquer) UR (Your) F (Fear)

To build your business successfully, you must overcome what you most fear. You must not only identify that fear, but you must also take specific actions to conquer it.

RED LIGHT!

What systemic issue in your business do you most fear?

What counterproductive activity do you need to **STOP** to finally face your fear?

GREEN LIGHT!

What activity will you **START** to address your fear?

What is the *one habit* you will do every day to accomplish the above?

If applicable, what courageous conversation do you need to have?

Who will hold you accountable? Ask your **accountability partner** to complete the following:

“I, _____, commit to supporting
| _____, over the next 3 weeks.”

Examples

RED LIGHT FEARS	GREEN LIGHT ACTIVITIES
Rejection from cold calls	Block out time for calls, no matter what
Conflict with an employee	Take an HR training course, Hire a Personal Coach
Confusion over daily cash flow	Take a Finance course, Hire a QuickBooks consultant