



**Jacqueline Wales**  
Unapologetically Raw & Real!

**Fearless**

**Action**

**Plan**

+

**COURAGE**

COURAGE

# \* Challenge The Fear



- 01 **Develop a plan to address specific workplace fears.**
- 02 **Outline goals, actions, resources, and timelines.**
- 03 **Recognize and manage fears constructively.**
- 04 **Improve decision-making and professional growth.**



# Make a Fearless Plan

**Fear:** *What is the specific workplace fear you want to address?*

**Goal:** *What do you hope to achieve by managing this fear?*

**Steps:** *What specific actions will you take to reduce fear-based thinking and behavior?*

**Resources:** *What resources or support do you need?*

**Timeline:** *When will you take each action step?*

- Think about common fears such as fear of failure, fear of public speaking, fear of conflict, or fear of new technologies.
- Reflect on recent situations where you felt hesitant or anxious. What was the underlying fear?
- Choose a fear that you feel is most impactful in your daily work life.
- What situations in your work environment trigger this fear?
- How does this fear affect your decision-making or interactions with others?
- How will overcoming this fear improve your work life or relationships with colleagues?
- What positive outcomes do you envision by managing this fear?



# \* Breakthrough The Fear

**Fear:** *What is the specific workplace fear you want to address?*

**Goal:** *What do you hope to achieve by managing this fear?*

**Steps:** *What specific actions will you take to reduce fear-based thinking and behavior?*

**Resources:** *What resources or support do you need?*

**Timeline:** *When will you take each action step?*

- Set realistic timelines for each step, with deadlines to track progress. For example, "Attend a workshop within the next month," or "Practice difficult conversations weekly."
- Remember the importance of consistent effort and revisiting the plan to adjust goals or steps as needed.

- What is a reasonable timeframe to start seeing progress?
- How will you monitor and evaluate your progress over time?
- What tools or resources could help you feel more confident in addressing this fear?
- Who in your network can provide support or guidance?

# \* Transform The Fear



- Developing personal action plans for workplace fears transforms challenges into growth opportunities.
- Confronting fears enhances professional skills, resilience, and confidence.
- Progress may be gradual; adjust goals as needed and stay committed to personal growth.
- Seek support from colleagues, mentors, and other resources to strengthen your network.
- Embrace continuous learning and self-improvement for a positive work environment.



# \* Give Fear The Finger!

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- ✓ Foster trust, open communication, and authenticity to create environments where employees feel safe to share, collaborate and innovate.
- ✓ Reframe fear as a motivator to confront challenges, push beyond comfort zones, and recognize growth opportunities.
- ✓ Embrace change, promote continuous learning, and implement flexible work arrangements to build resilience and agility.
- ✓ Enhance self-awareness and mindfulness by practicing meditation, deep breathing, and reflective journaling for rational decision-making.
- ✓ Build a supportive network, seek constructive feedback, and maintain a positive outlook by focusing on potential benefits and visualizing success.

**To Learn More About  
Transformational Strategies for  
Success Programs**

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