Virtual First | Effectiveness kit Name the fear worksheet

Name it	Measure it	Prevent it	Fix it
What are you afraid might happen? (worst-case scenario)	What's the potential fallout, from 1 to 10? (1=no big deal; 10= life-altering)	What can you do to keep it from happening?	How would you regroup and repair?
Example: I'll be humiliated in front of the team or lose my job.	Example: 6 if I'm humiliated, and 10 if I lose my job.	Example: Reach out to a few trusted colleagues and/ or managers first for a gut check.	Example: Own the decision and suggest a pivot. If I lose my job, I can freelance while applying to jobs through my network.