

The '5 Why Method' to Tackle Your Fears About Retirement

Thank you for watching my Masterclass about the Top 10 Fears people have about retirement. This is the form you can use to tackle your fears and kick them to the curb.

Step 1

List all the fears you have about retirement:

Step 2

Group similar fears together:

Step 3

Identify your three biggest fears:

Fear #1 _____

Fear #2 _____

Fear #3 _____

Step 4

For *each* fear, use the '5 Why' Method to uncover the real reason behind the fear.

| | |
|---|--|
| Fear #1 | |
| Why #1? | |
| Response #1 | |
| Why #2? | |
| Response #2 | |
| Why #3? | |
| Response #3 | |
| Why #4? | |
| Response #4 | |
| Why #5? | |
| Response #5 | |
| The real reason behind the fear. (If you haven't felt a clunk somewhere in your body keep going until you do.) | |
| ACTIONS I will take to overcome this fear: | |