IF/THEN WORKSHEET

**My Goal or Challenge: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

In the column labeled “IF”, write down the risks of moving forward with your goal. You could also include your fears. In the column labeled “THEN”, write the next steps you would take if the risk became reality or your fears are triggered.

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| IF | THEN |
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