

“Everything you want is a difficult conversation away” – Tim Ferris

Difficult Conversation Worksheet

A challenging conversation holds most people back from getting what they want. Fear of backlash, or fear of hurting another person in some way stops us in our tracks. Most of the time, the hesitation is unwarranted, and we find that out afterwards. Sometimes there are real consequences. Either way, the only way to be free in life and business, is to be honest and clear.

- 1) Think of a situation that is giving you challenge. What do you want to have happen or stop happening? Do you want to negotiate? Get clear on your desired outcome.
- 2) Who do you need to speak with?
- 3) What is stopping you from having this conversation?
- 4) Decide to have the conversation.
- 5) Get the support you need to get through the fear, practice the ask, or hold you accountable.

Desired Outcome?	Who?	What is the fear?	When?

The answer to “how” is “yes.” – Steve Chandler