

I Am Ready To TAKEFIVE

A comprehensive outline of the TAKEFIVE Fear Challenge



Made with GAMMA

TAKEFIVE ORIGINS

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2015

John was afraid of everything. Quintin studied failure, anxieties, and the amygdala's role when surviving. Quintin challenged John to take 5 risks daily and measure how scary things are after a few weeks. John reported feeling free from fear, so together, they created the 5 Risk Challenge.

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The First Cohort

Quintin coached four participants, including John, who were determined to identify how fear was holding them back from their goals and experiences. After just two weeks, every participant saw a noticeable decrease in their daily fears.

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Present

With cohorts spanning five countries, 5RiskADay inspired a book, 2 separate programs, and the creation of this challenge. Each challenge facilitated to help communities transform their relationship to fear, one cohort at a time.

EXPECT RESULTS



DEFINITION

Expanded definition of what risk is, what level of risk creates barriers for you, and clarity of how your body responds to risks on a daily basis.



DISCOVER

Measurable awareness of the places you survive and allow fear dictate your life.



ACTION

Know yourself as a person of action who is never stopped by fear or attached to assumptions.



INTEGRITY

Know yourself as a person who faces their word and fulfills on them.



POWER

Practice approaching life from creation as you face and take action on risks faster than ever before.

While these attributes were the most common, results can vary based on each participant's level of fear and how they face it.

It's important to remember that the goal isn't about achieving success. The outcome or cognitive perception of the risks matter little. The aim is to face and act on five risks that challenge or scare you daily, regardless of result.

YOU WILL BE...

SUPPORTED

Receive scheduled time blocks with your facilitator and partners to talk when you're either stuck or when facing significant fears.

HEARD

Your facilitator will create a supportive, safe, and non-judgmental environment for your cohort.

VULNERABLE

You will share with your cohort during the challenge regularly, and respond to your challengers when they share (It's much easier to run a race when you have someone running beside you).

YOUR COMMITMENT

1 ARTICULATE CLEARLY YOUR 'WHY'

You're about to embark on something that will be thrilling and confronting, so what do you have at stake that picks you up when you fall?

3 ALL COMMUNICATION IS TREATED AS CONFIDENTIAL

EVERYONE communicates at their worst, gets stuck, and has needs. NO ONE shares these details elsewhere. Three missed calls and you're out.

2 COMMUNICATE WITH YOUR COMMITMENTS

This challenge is designed to chemically compromise you from an overactive amygdala. Conduct yourself accordingly with your responsibilities.

4 PROMPT-FREE TEXT UPDATES DAILY

Message us without us having to prompt you. You will send us updates that list your day's risks and progress, every day.

YOU CAN AND WILL BE REMOVED

Be aware that if you fail to send daily messages, fail to face and act on 5 fears daily, or miss scheduled calls, you will be removed.

FIRST STEPS

MAKE A LIST

Set a timer for 30 minutes, create a list of 100 things you find risky, write down everything that comes to mind, then go back through your list and do it again and again for a week. EX: conversations you've been resisting, following your dreams...

WHAT ARE YOU ACHIEVING

Have something at stake that you want to achieve. **WARNING:** remember, the goal of taking the risks is **NOT** getting what you want. It's taking actions where you would normally hesitate. Do not worry about the outcome.

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PROACTIVELY LOOK FOR RISKS

Purposefully seek your risks in day-to-day life. Don't look back over your day to see what was a risky action. The goal is to be proactive. Being proactive gets you out of your head and engages you with the world.

THREE SPONTANEOUS, TWO PLANNED

Do not pre-plan everything. By leaving room for spontaneity, you start to engage with the world in a way you probably haven't in a long time. For the other two risks, plan ahead of time. These will often be the risks that most scare you. They're also often the ones that you most resist.

TAKEFIVE COMPLETION REQUEST

By the end of the three weeks, **IF** you have taken 5 daily risks without fail, I believe that you will know yourself differently.

PAY IT FORWARD

I request you help one person take **ACTIONS** that will make a difference in their life. Observe them as they learn to self-navigate in a way that's important to them.





THANK YOU

"Start doing the things that scare you the most. Practicing tearing down the invisible barriers that separate you from the life you want, will recreate you into the person you've always dreamed about in your mind: your ideal self. Facing every fear is life-changing practice."

WHATSAPP

2024 TAKEFIVE FEAR CHALLENGE