

LETTING GO OF FEAR



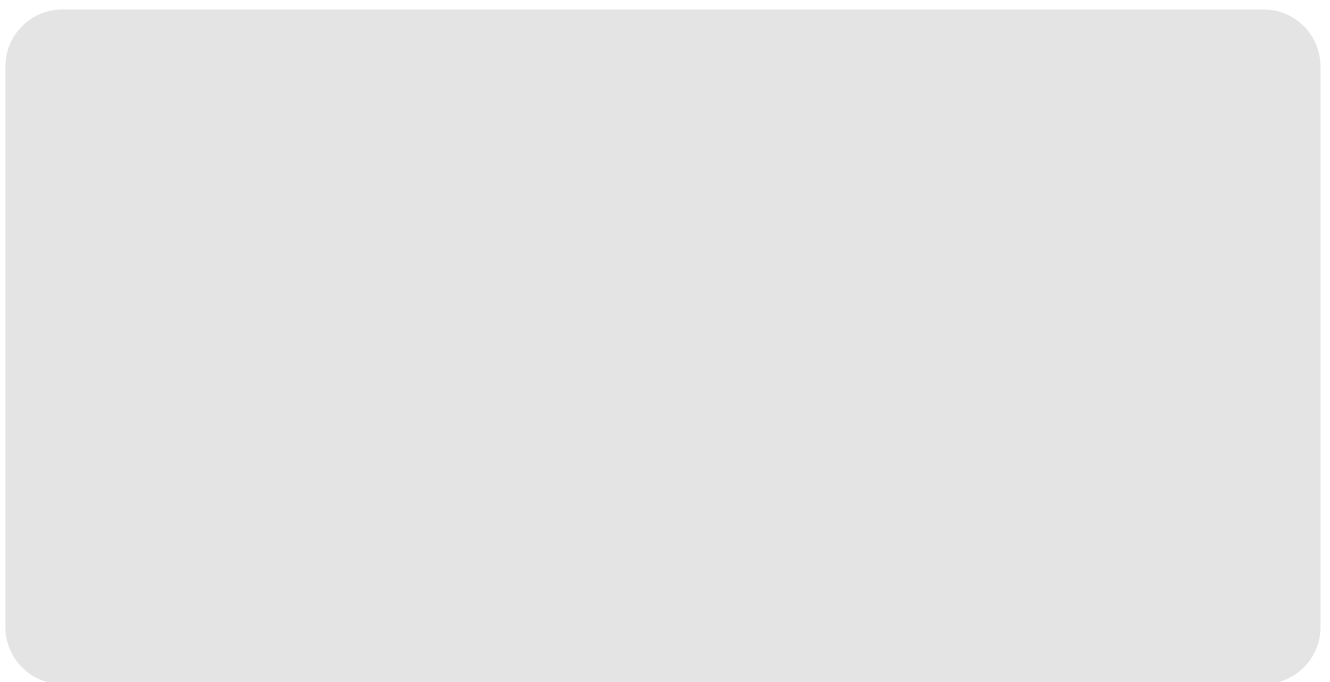
THE INSPIRED WAVE

Letting Go of Fear

Fear is normal. Recognizing it is the first step to work through it. Use these 5 steps to work through any situation you recognize that causes you to feel fear and not move forward.

- Awareness
- Context
- Logic
- Relax
- Acclimate

Describe a situation where you have felt fear that has held you back from saying or doing something that you wanted to do:



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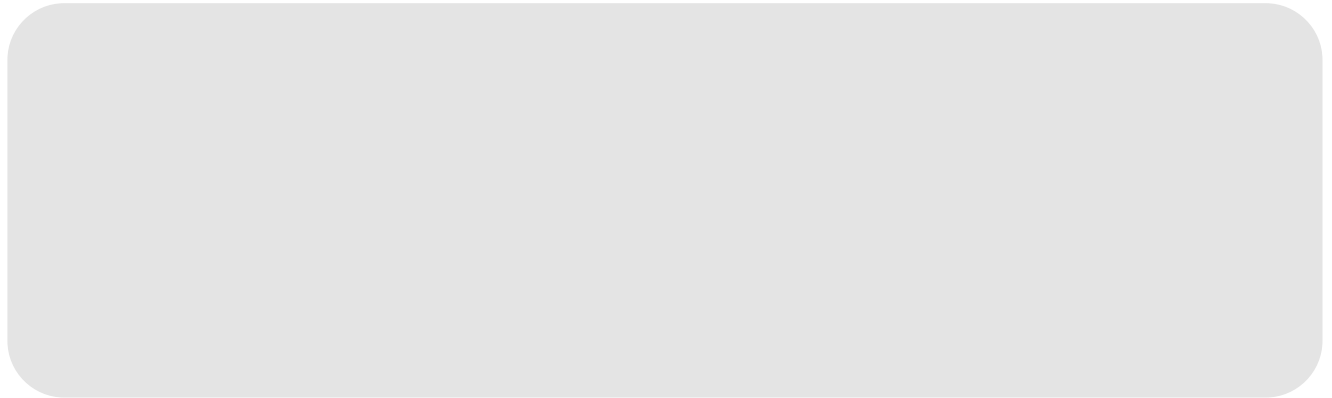
What triggered it?

What is the underlying fear?

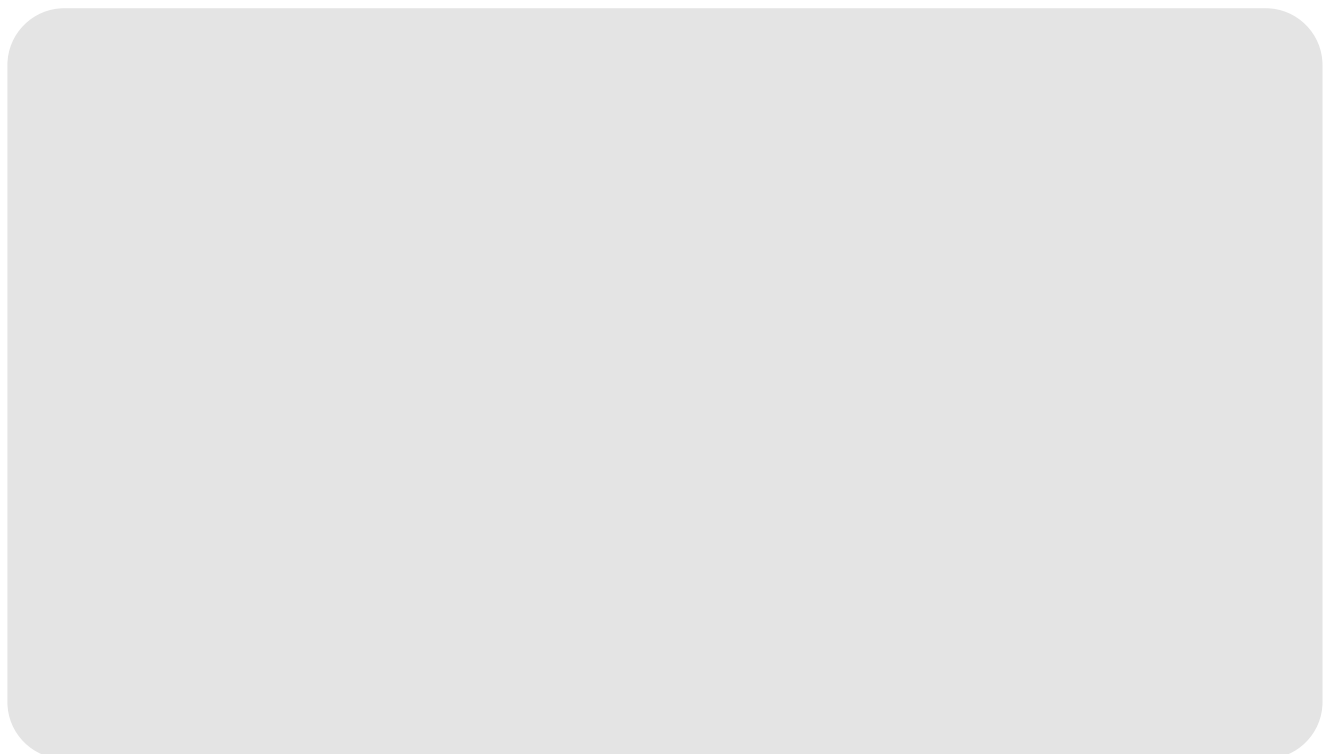
Why do you have this thought?

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Is there a real threat?

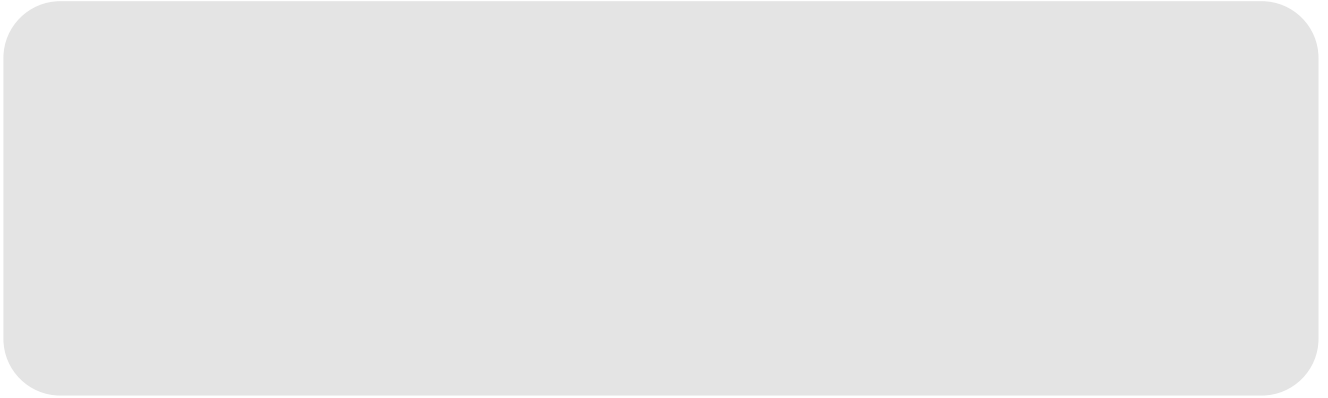


Typically fear comes up when we focus on a possible future outcome that is unwanted or a worst case scenario. What is the worst possible outcome for this situation?

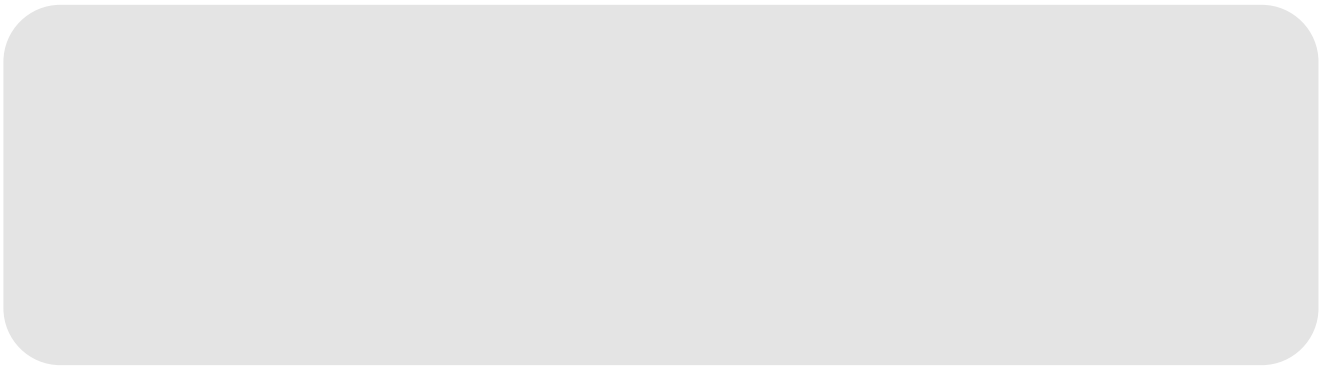


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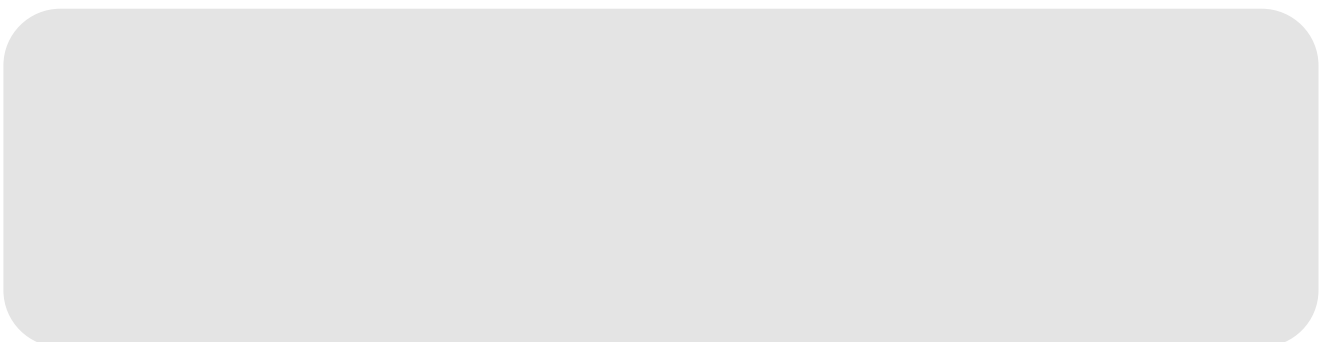
How likely is it that this will happen?



What do you gain from focusing your attention on this outcome that hasn't and may not happen?

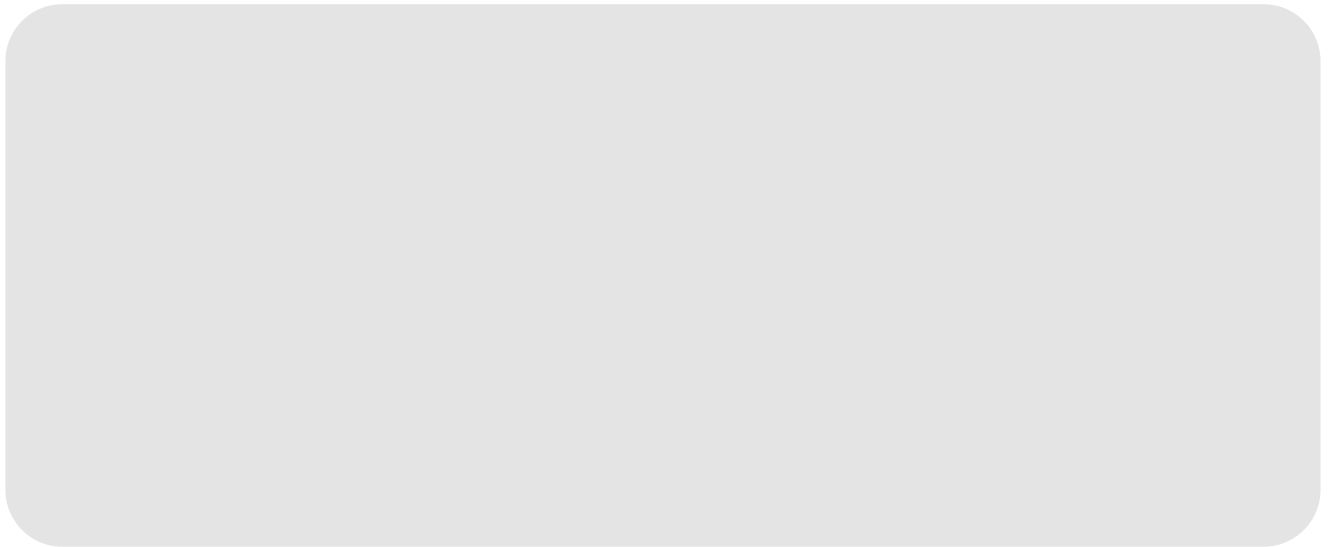


What is it costing you to focus on the unwanted outcome?

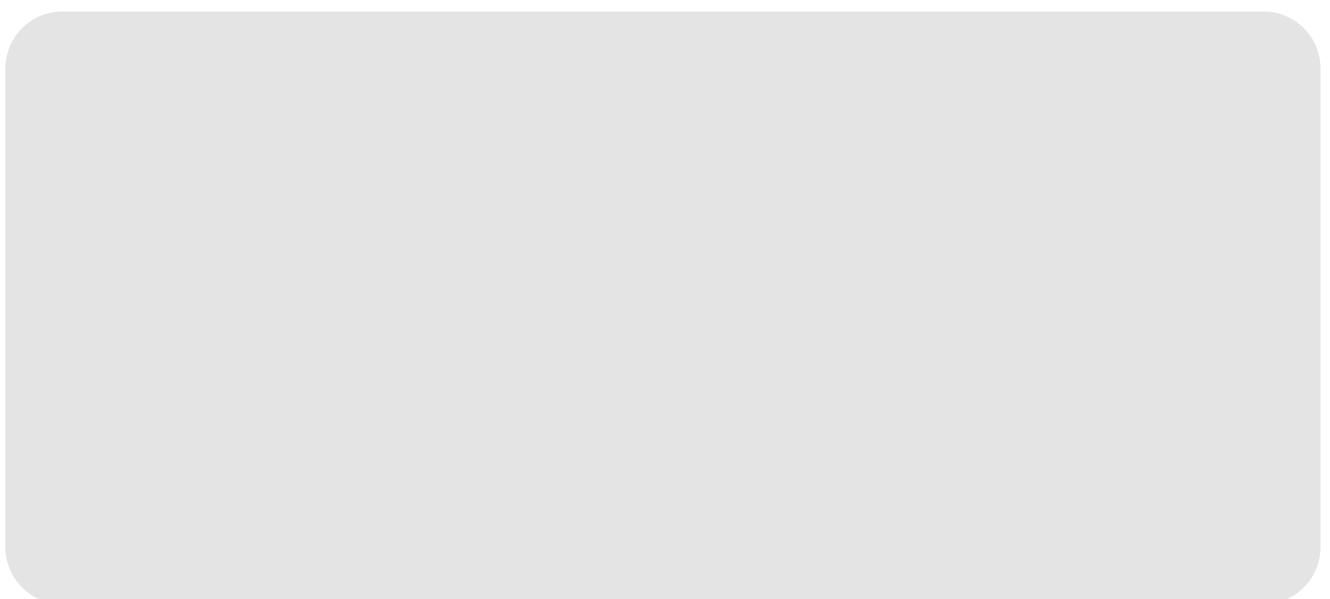


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What are 3 different choices you could make to relax your body or shift your attention?

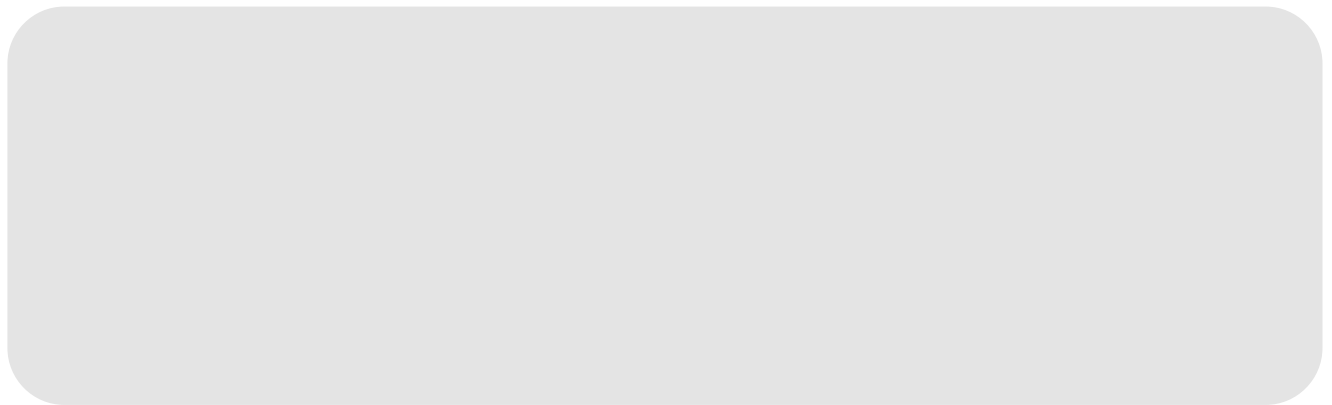


Is the action that you're scared of taking something that can be broken down into smaller steps or different actions to lead up to this bigger one that you're afraid of?



Letting Go of Fear

What's one small step you can take this week? List your first step and then all of the other steps you think will be necessary to acclimate to this fear and when you will take them.



Congratulations! You've taken the first step toward working through your fear. You are on your way! Be sure to stay in action and when you have expanded your comfort zone and acclimated to this fear, pick the next one you will work on. There is nothing to stop you now!

Thanks for joining me for this masterclass, and please reach out if I can assist you along your path.

To Your Success,

CF

"There is no illusion greater than fear." — Lao Tzu, Tao Teh Ching