



“Being fearless is not absence of fear, but the courage to take the next step and go beyond to discover new possibilities.”–
Jacqueline Wales

3 EASY WAYS TO TRANSFORM FEAR AND CREATE A JOYOUS LIFE

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ONE: FEAR IS A FOUR-LETTER WORD!

Just like the other four-letter word that begins with F***

Let me get something straight before we go anywhere. Fear is imagination based. We make stuff up to settle the uncertainty and we rely on information that has no empirical evidence. It's ripe with excuses and it undermines the quality of your life. It's a huge burden on your delicate shoulders, and it doesn't help you bring your best self to the game.

Fear resides in our primitive brain and triggers unhealthy reactions to stimuli real or imagined that threatens our existence. It can not tell the difference and it creates the same physiological response. Sweaty palms, increased heart rate, tightening of the chest, or frantic thoughts.



We learn fear from others too. How many of us are watching far too much bad news? We learned fear from our parents who were in turn fearful themselves. We had the fear of God put into us when we attended our religious services, or we had teachers who made sure we understood we were not good enough. Fear is a daily item fed by words and phrases that may not be valid in our internal dialogue, and what we hear all around us. It is rarely life-threatening.

TWO: Fear is a Great Motivator

Fear is also one of the greatest motivators. It challenges you to make changes. It forces you to develop the courage to move beyond its limitations and it is what your Fearless Factor is all about. The chance to make different decisions, different choices, and live up to your full potential.

" SIMPLY PUT, FEAR IS A BAD HABIT. IT'S AN EXCUSE. A REASON FOR JUSTIFYING YOUR RESISTANCE TO CHANGE."

JACQUELINE WALES



Desire for Change

Behind every fear is a desire for something to change for the better.

Many of our fears are assumptions we carry in our heads. They carry an enormous influence on how we walk through the world, what experiences we have, and the choices we make.

Fear is a normal emotion. It is meant to keep you safe. It is not meant to stop you in your tracks!

Let's do a closer examination of your fears.

" HOPE AND FEAR CANNOT OCCUPY THE SAME SPACE. INVITE ONE TO STAY."

MAYA ANGELOU



THREE: Challenge: The Circle of Fear

Instructions:

Step 1: Start by drawing a circle in the middle of a page and write the word FEAR in it or use the template provided on the following page.



Step 2: Create smaller circles around it with the words you use to describe fear in your life.



Include any emotions, circumstances or people associated with the word.

Step 3: When you finish your drawing, think about how much of this is real, and how much of it is old habits, or ways of thinking that no longer serve you. Strike those through.



Step 4: Review what is left. How much of this is real? Do you have empirical evidence? If not, strike out those as well.

Step 5: Final analysis - ask yourself:

Question	Response
How do these fears support or detract from me being the best version of me?	
How many of them limit who I am and how I want to show up in the world? Why?	
What are you willing to let go of to move on to your new way of being?	
Finally, what does it look like when you walk through the world today without any fear or uncertainty controlling your choices and decisions.	

UNLEASH THE TRUE POWER OF YOU!

Now that you have some clarity on your fear are you ready to take to get to the next level in your career or life?

When you broaden your understanding of who you are, what you are capable of becoming, and move beyond the limitations that are currently holding you back from fulfilling greater potential, you are on your way to achieving greater success across all dimensions of your life.

And you can do that in six months or less!

Are you ready to:

1. **Eradicate** limiting beliefs that no longer serve you, to achieve better results.
2. **Discover** strengths and weaknesses, identify values and how they impact your career and life.
3. **Explore** vision, passion and purpose, and create guideposts to set goals and take action that will get better results.
4. **Learn** how to communicate more clearly, ask for what you want, manage your time and your productivity with more clarity, and build a strong network of people you can trust who support you, and want to be part of your success.

Then you are ready for [Transformational Strategies for Success.](#)

Contact me and see if this is a good fit for you.

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