

THINKING
LEADERS

TAKING ACTION

Fear & Ego

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WHAT IS FEAR?

For most of us, we experience fear when facing a new challenge – something we may never have attempted before or not for a long time.

We know it's fear because our body sends us signals– tight chest, sweaty palms, fuzzy brain, the feeling of overwhelm – these are all signs we are facing something new.

It's real fear when you actually feel anger.

It's an unreal fear when it's based upon not being loveable, being enough or belonging.

It's the stories we tell ourselves to keep us safe from taking risks, making mistakes, being judged, being made a fool of.

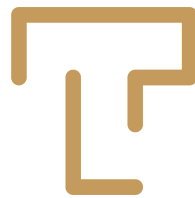
Some people let the fear stop them - they believe their situation is permanent and they stay stuck.

To change this, we need to think of things as temporary - you can learn to manage the fear.

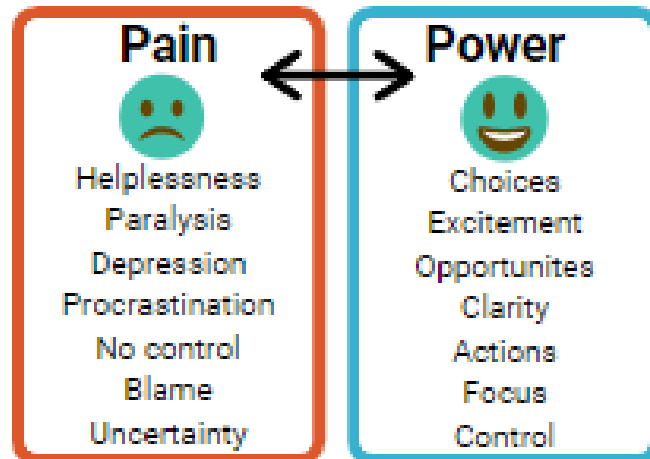
You need to feel it and do it anyway.

Instead of worrying about what other people think, focus on your values, your purpose, your truths.

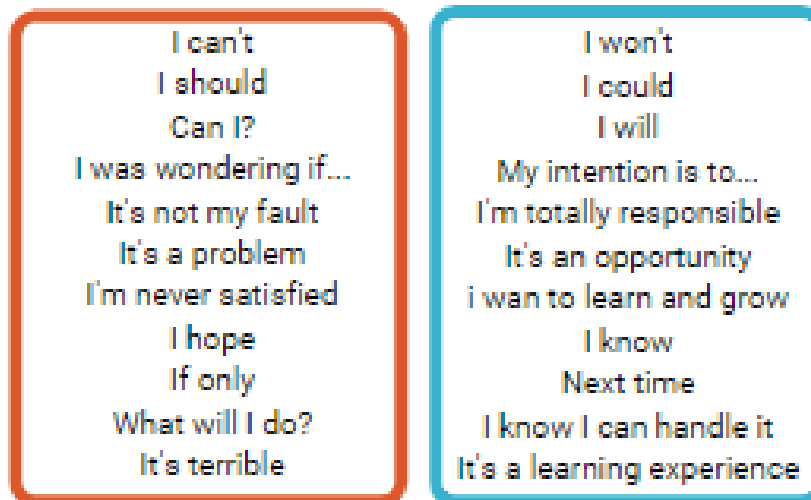
By holding them close, you are capable of anything.



HOW WE HOLD FEAR



Pain to Power Language





ASK YOURSELF...

Pick an area of your life you're not in love with or wish you'd done something differently

1. What are your fears about this area?

2. What are you afraid you can't do? Handle? Face?

3. Is the fear real? Or unreal?

4. Do you want this area of your life to be different or are you happy with the way it is?

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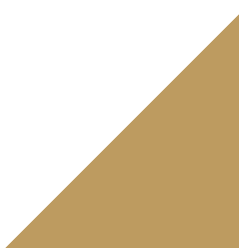
NOW, ASK YOURSELF...

1. What does this fear keep you safe from? Prevent you from experiencing?

2. What is this fear costing you now? What will it cost you in your future?

3. If you didn't have this fear, what would you do instead? What would you experience? What would it give you?

4. Imagine this already accomplished. How would you feel? What would you see? What would you tell yourself? What did it take to achieve it? What did you let go of?

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TAKE A MOMENT...

Imagine this area of your life and see it in your mind. Bring the image closer to you make it a lot bigger.

Ask yourself, did the feelings of fear increase or reduce?

Now take the same image and move it further away in your mind. Smaller. Grey out the edges. Less focused. Add some soft music. Add some calm words.

Now, what just happened?

Did the fear increase or decrease?

What did you feel, see, tell yourself?

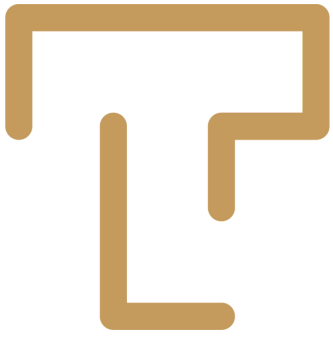
What can you do moving forward when you feel fear?

What's available to you now that wasn't before?

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NOTES



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**WWW.THINKINGLEADERS.COM
LINDA@THINKINGLEADERS.COM
+61 (0) 415 989 677**