

EXERCISES TO MANAGE FEAR

1. Name the Fear

In this exercise, you will identify the fear that is holding you back from your goal and see how you are manifesting the exact threat you are trying to avoid.

Think of your goal. This can be a daily goal, a weekly goal, a yearly goal. (It can be helpful to run this exercise for goals of all sizes and time frames.)

What is your fear?

When you think this fearful thought, what action (or inaction) do you take?

What result does that action give you?

Notice how your result proves your original fearful thought. Isn't that fascinating? Notice how amazing your brain is and how ridiculous the fear is.

2. Take Action Regardless

Use the combined techniques of staying present and "I'm going to _____, and I'm taking fear."

Determine a daily, specific action you want to take towards your goal. For 30 consecutive days, perform the action. When fear shows up, don't be surprised. It's going with you. Acknowledge that it's allowed to come, but you are driving.

Every time fear wants to pipe up and offer suggestions about turning around or giving up, just stay in the present moment. Complete your action for that one day. The next day do it again. Make friends with fear along the way. After 30 days, look at how much you accomplished even though fear went with you.