

## Working with fear

First things first, let's discover your fears. Answer the questions honestly below, without any self-judgement.

A) What 5 fears do you have in your business?

- 1.
- 2.
- 3.
- 4.
- 5.

B) Consider each fear separately and ask yourself this question, "when you believe this fear, what limiting beliefs do you then have about yourself"?

- 1.
- 2.
- 3.
- 4.
- 5.

C) Now, consider each fear and ask this question, "when I believe this fearful thought, what action do I end up taking in my business"?

- 1.
- 2.
- 3.
- 4.
- 5.

D) Lastly, turn each fearful thought to the opposite and come up with an example of why the opposite is true for you.

*I.e. "People will think I am an imposter" becomes something like "People will think I am the real deal"*

*Example: People will think I am the real deal because what I am teaching works and matters*