

Face Your Fears

With curiosity, openness and gentleness. Name them, consider them, face them. Grow past them.

What is that one thing you wish you were doing with/in your life that you currently aren't?
(Think about waving a magic wand and being who, what or where you want to be)

What is holding you back? List ALL your fears that are stopping you from taking action towards your dreams
(You can't change or grow past something you can't articulate! Be as specific as possible.)

What could happen if any of those fears came true?

This might feel scary, but really think about it. Write what your life would look like if those fears came true.

What could happen if any of those fear possibilities **don't** come true when you go for your goal? Go deeper!
What would that open up for you? **Don't hold back!! SEE your potential!**
