



## Transform FEAR into ACTION

Fear depletes your energy, clouds your self-value and keeps you from living the life you came here to live. One of the most liberating and empowering things one can do is to stop living in a state of fear.

These two exercises will assist you to realise that fear is an illusion (False Evidence Appearing Real). From this viewpoint you can easily align yourself with your personal power to move through fear, into action and eventually to your successful destination.

**Namely, birthing your Live Love Way of Life.**

### **Exercise 1: Acknowledge Your Fear, to Move Forward**

A great daily evening practice is to write the answers to these three questions:

1. What did I do today that I would do exactly the same next time?
2. What did I do today that I would do differently next time?
3. What did I stop myself from doing today out of fear and what can I do to make sure I complete the task, tomorrow?

Each evening take the time to write the answers to these questions, or maybe make this a family thing, you can do together, possibly over dinner. Each person gets to answer the three questions. Great way to assist everyone to reach their full potential and bust through any fear, self-doubts or limiting beliefs they may be holding onto.

Great exercise. Before you know it, you'll realise that you are easily doing the things that you previously feared and you're stretching yourself even more.

### **Exercise 2: Write out your biggest dream that you've been too scared to attempt**

In this exercise you are going to explore your BIG IDEA. The one thing that you would attempt if you no longer had fear in your life. The one thing that you would do if you knew success was guaranteed after you took all the action steps.

Ok Great Now:

1. Write out all the action steps required that will make your BIG IDEA come into fruition.
2. Chunk each action step down. Listing them in the order they need to happen

3. Write next to each action step, what (if anything) is preventing you from making it happen
4. Then list the next action step that must happen, so you can move beyond what was preventing you from taking any action step.
5. Once you have all of the action steps, place an estimated time to complete against each action.
6. Schedule the first action step.
7. Complete it.
8. Celebrate its completion.
9. Then schedule the next action step.
10. Complete it.
11. Celebrate its completion.
12. Then schedule the next action step.
13. Continue taking the steps. Keep watching the path not the obstacles and you'll be at your goal before you know it.

Live your life focusing on the one action step in front of you, pushing beyond your comfort zone, celebrating every action step you've taken and easily won.

And before you know you'll realise that you have easily moved beyond your fears and created a life full of all your dreams and desires.

Your Live Love Life!

