



SESSION #2: FOUR FEARS

Declaring that you will master your fears is the first great leap toward freedom. The good news is that almost all fear we experience (outside of physical harm concerns) is just our brain asking us to feel more emotionally comfortable in the face of difficult circumstances. But fear rules you only if you let it. All we have to do is become more aware of our four primary fears (outside of the fears of physical harm) and be more conscious of our deeper motivations. Use these activities below to help you examine how you can live an even more free and happy life. Print this page and use a journal for additional space for your responses.

Rejection

The desire to belong and be accepted, validated, respected, and loved is one of the most powerful motivations of our life. But often, we misconstrue other people's feedback as either a personal attack or rejection, or as a withdrawn permission slip. But non one's approval is needed for you to live your authentic life or to chase your dreams.

- *If I was less worried about what other people thought of me, the first thing I would start doing is...*
- *Someone's opinion who I worry to much about is...*
- *If I accepted myself fully, and worried less about others acceptance, the things I would say to myself more often are phrases like*

Ruin

We often fear that our mistakes will lead to catastrophic ruin. We think, "If I start this new business dream of mine, I'll go bankrupt and never be able to recover and be poor for life!" Thoughts like these are almost absurd when you consider the fact we can all learn, all adjust and adapt, all change the future based on new actions now. You won't be ruined. You'll just learn and get better.

- *Sometimes, I think my life will be totally ruined if I...*
- *If I stopped thinking failure was permanent, then I'd be more likely to...*
- *If I thought about gain versus ruin, a dream that would get me super motivated is...*

Regret

The worst imagination is to see ourselves at the end of our lives regretting the entire way we've lived our lives. No one wants to regret the choices we've made or the person we've become. But regret is so easily avoided by living with more intention, patience, and compassion. If you can let go of the fear of regret, you can find real personal power. And if you learn to harness it, regret can also be a great motivator.

- *Too often I beat myself up for things that happened in the past—I regret some things that happened—and that affects my motivation and psychology in this way...*
- *The things I can start doing now in my life so that I don't experience regret later on, include...*
- *The opposite of regret is joyful satisfaction, so the things I want to be joyfully satisfied at the end of my life are...*

Responsibility

It seems odd to think about, but one of our number one fears is more responsibility. We fear we can't handle it. We fear we have to take ownership of our lives. We fear any more duties will tip us even more out of balance, so we don't take on new goals and dreams. That has to stop.

- *I haven't taken on a big project or perused a new goal recently because I already feel overwhelmed with...*
- *If I could delegate some tasks or responsibilities so I would be more free to do what I want, those tasks/responsibilities would include..*
- *If I knew I could handle it, the hardest goal I would start pursuing right now would be...*
- *The reason I should believe in myself and my ability to handle concerns about rejection, ruin, regret, or responsibility is that I am actually...*