

Breaking Through FEAR

F_____

E_____

A_____

R_____

How do I do that, you might be asking?

First, There are 6 things I want you to know about fear.

#1 Fear is _____

#2 Fear means you are _____

#3 Fear shows up whenever you are trying to stretch outside your _____

#4 Fear comes from _____

#5 Fear is _____

#6 Fear is simply a _____

Courage however is a _____

The next time you get that invitation, hopefully ivory or pink-not red, and you realize you are afraid of that answer that comes with it,

#1 Decide on _____.

#2 Turn that desire into a _____.

#3 Make a _____.

#4 Break the plan up into _____ steps.

#5 Assign _____ to each of the action steps.

#6 Blindly follow your plan until the goal is _____.