



FEAR HOMEWORK

What are your actual fears? It helps to know. If you trace the journey of fear through the 7000 possibilities, how many faces does your fear have?

Step 1:

Write them down. All of them.

This helps to externalise the fear. It also validates you by saying these fears exist. They are real. They impact me.

Extrapolate them down to the last outcome.

“If I stuff up, I will look stupid. If I look stupid I will never work again. If I can’t get a job my kids will starve. If they starve I will be a bad mother. If I’m a bad mother I have failed at what is most important to me. Etc”

Keep going. Don’t censor or judge. Just witness the journey. It might take a few pages. Just speed through.

Step 2:

Categorise your fears according to three criteria.

A: Are they practical, useful fears that have a place and are fairly logical?

B: Are they fears that will actually inspire you to find your light and seek your deeper truth?

C: Are they destroyers of your growth or your vision?

Anything that causes you to fight, defend, resist, run away, avoid, freeze, procrastinate, pacify, water down, diminish or resign yourself to losing your heart’s desires comes from fear of some kind. Use a coloured highlighter pen. Some fears also come from another time and place.

Step 3:

Rework the big picture fear structure.

Use your intellect to analyse and create an overview of your fears. The intellect is emotionally neutral.

Look at your A list.

Ask “If the worst case scenario happens here, can I handle this?”

The answer is usually “Yes.” Affirm your ability to cope with things not being perfect. You don’t need perfect. You need alignment.



Step 3 Continued...

Work out on paper HOW your B list of particular fears are serving you. How is each fear motivating you to grow?

Eg "I'm afraid of looking foolish when I speak, therefore I will learn how to gather empirical evidence to support my work."

Then look at your C list.

What are the actions you need to take to overcome the fears that block you the most.

Write them down so you can see a list of your most important actions.

Write down what is reasonable and logical and what is not. Observe.

Step 4:

Love conquers fear.

Send your fears love.

All of them: the practical, the imaginary and illogical.

Bathe them in love. Really go for the feeling of beginning a new relationship with your fears.

Pin them up for a while next to your bathroom mirror and write at the top of the page.

"To all these fears I send my love. Thank you for serving me and seeking to keep me safe. I no longer need you. I am learning some awesome new skills to take care of me when I speak. It is time for you to go and sit in the back row.

In the front row are creativity, intuition, practice, persistence, intelligence, wisdom, resonance, radiance, truth, trust, freedom of expression, my voice magic, clarity and my self knowledge. They will be in charge now because I am stepping into the space of revealing my beauty, my power, my truth and my light when I speak."

(Add your own qualities to this front row list that you would like to illuminate)

Step 5:

Say your version of this OUT LOUD every morning until you know things have shifted.

I like to add the Hoopono Pono Mantra. This is my 'go to' saying. It is simple and accessible and it softens tension. Tension is the enemy of the voice.

"I'm sorry, forgive me, I love you, thank you."