

## WHAT AREA IN MY LIFE IS FEAR HOLDING ME BACK THE MOST?

Ex: Making calls, setting launch date, going live on social

## WHAT FEARFUL THOUGHTS COME UP FOR ME? WHAT DO THEY SAY?

Ex: What if I look stupid? What if I don't have all the answers they need?

## WHAT QUESTIONS WILL I ASK TO RECALIBRATE MY EMOTIONS WHEN FEAR ARISES?

Ex: Is this my purpose? Do I know I am called to make this impact? What will inaction cost me? How will I feel if I don't give this my all?