

The Great Ones Online Volume V Exercises

Face Your Fears

EXERCISES:

- 1) What are you afraid of?
- 2) What did you used to fear that you have overcome?
- 3) What fear holds you back, that if you overcame it, would propel you forward in a big way?
- 4) What could you do right now to take one single step in the direction of facing your biggest fear?
- 5) Write down one past occasion that is now meaningless in which your fear got the best of you.
- 6) Write down one past occasion in which you overcame your fear and moved on.
- 7) Describe the feeling at that moment.
- 8) What is the worse thing that could happen—much like Steve's "I'd have to get a job"?
- 9) Write out a declaration to yourself that powerfully describes how you will from this point forward make the decision to Face Your Fears.