

Overcoming Fear, Anxiety & Worry

Workshop 6

Motivation & Fear (one or the other)

Motivation

(The “push forward and pulled-back” feeling)

What are you motivated by? (This looks like your goals – relationships, friendships, workplace).

Are you achieving that thing right now? Are the things that motivate you present in your life?

What stops you from being motivated or having confidence?

Motivation pushes you forward, fear slows you down, even sends you the other way.

The things that motivate you, get you up in the morning, shape how you speak to the people around you, how you structure your day, when you think about the things that make you happy (your values) and how you plug these in.. focusing on these actions big and small are part of your arsenal for when fear creeps in.

Fear

Does fear play a part in your decision-making?

Does it stop you from learning/testing yourself? Does it get in the way of change, or impede your passions

The following 8 Steps are tools you can use to overcome feelings of fear, anxiety or worry. As you go through each step, apply it to a fear you are currently facing, or any anxieties you have that may impede your pursuit of your goal.

8 Steps:

1. **Define It** - Fear of failure? Fear of success? Defining it will help to reveal a lot about why you have these fears and will also help you to determine a plan of action and develop your goals. *What are you afraid of most? Be specific*
2. **Understand It** - How does it come on? How does the fear feel? Is it an intense gut-wrenching feeling that overpowers you? Or is it just butterflies?
3. **Determine whether its real** Your fear could be self-generated: or **False Evidence Appearing Real**. It appears real, even though it is a fear of the future and is not happening now. If you find yourself asking questions like—"What if I don't make it?" "What if they laugh at my ideas" "What if I lose everything?"—these are usually artificial barriers that we put on ourselves and then worry about the "what ifs" in life.
4. **Contextualize it** – Walk through the reality of each fear, and state 3 reasons why you believe the opposite of your fear at one point. Remind yourself why you jumped on board in the first place. Remember your "whys". These will still hold true despite any fear that's surfaced. Your why is your purpose.
5. **Ask for help**. Seek out experts in the area, join a community of support and seek out online resources that can help you overcome your fear.
6. **Visualize success** "By visualizing your goal already completed, you flip your mind onto the frequency that contains the way that it will be attracted to you." —Bob Proctor. Thoughts become things.

7. **Have a positive attitude** – do the things that make you happy. Calendar these things into your week. Make a list of the things you do that make you “you”, and dedicate time for yourself for these.

8. **Take Action.** Inaction breeds doubt and fear. Action breeds confidence and courage. You have to show up. You have To KEEP GOING. Look to others who have kept going and take strength from their stories.

Which tool resonates more? What challenge are you currently facing? Is fear a part of it? Can you use any of these tools now to begin eliminating your fear?

This week's task:

Apply the above process to other fears.

The idea here is to get comfortable with fear and all the disguises it takes.. (anxiety, nervousness, overhinking, worry). Then do something that brings up these emotions .. and do it anyway.

Write about your experience.

What scares you? How do you feel? Why does this fear exist for you, and is it something that is always present? What did you do to overcome it? How did you feel after?