



Tackling Fears and Limiting Beliefs Worksheet

Step 1: Identify the fear- "What specifically am I afraid of?"

Step 2: Assume the fear is going to come true

Step 3: Write out 20-50 benefits to the fear coming true.

Other questions to help the mind find the benefits.:

- What will I be forced to do?
- How will it be in service to my highest values/benefit what I love most?
- How will it help me grow?

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Step 4: Identify a memory in the past when you have experienced this fear

Step 5: Write out 20-50 benefits that the fear came true

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