

Release Fear - Take steps to embrace who you were meant to be

1. Write down your fear
 - What is bothering you most at this moment?
 - The fear of losing your job?
 - Not passing a course?
 - Deciding what is the right major?
 - Not having enough money?
 - Not having the body you want?

2. List all the reasons your fear does not make sense.
 - Why is it insane for me to believe I may lose my job?
 - I feel good about myself
 - I do a good job at work
 - People like who I am
 - My company is stable
 - Etc.

3. Recognize the thoughts are tiny, mad ideas. Reframe the thought to tell a new story.

4. Tell a trusted friend about how your ego told you what to fear but when you really looked at it (shined the light on it), it was really laughable that you had the thought in the first place. It's fun, it's fast and it is laughable for both of you.

