



## **Get Unstuck - BE the Leader in your life!**

Meet Fear and BE a Fearless Leader

1. Awareness is key! Pay attention to where fear lives in your body! Notice any changes in your breath, your stance, the way your body tenses or if it shuts down.

This is key so when you start feeling those symptoms you can create interrupters to get you unstuck and out of fear.

2. Ask yourself what is this fear preventing me from doing today? So get real practical and specific. Maybe it is stopping you from sending out emails for your business, maybe it is stopping you from having a conversation with your kids, partner, a or friend.

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2. \_\_\_\_\_

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4. \_\_\_\_\_

5. \_\_\_\_\_

3. Face your fears...What fears are coming up for you when in regards to your answer to question #2. I am afraid of rejection, I am afraid I might say the wrong thing...

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4. What are the benefits of giving into these fears?

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5. What is it costing you to hold on to these fears? Go back to your high vision...or just in general.

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