

FEAR ^{TO} FEARLESS



DRG BUSINESS CONSULTING

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Fear is Real

I am afraid to _____

Write them ALL out here. The only way to face them is to identify them.

The best way to get past your fears is to get to the root of them I like to use the example of a rotten fruit tree. If you have a tree in your yard that was producing bad fruit, would you chop the tree down? No. Well, I hope your answer was no. You would treat the tree from the roots.

Ready to get to the root? Here's how. Using the fear(s) you listed above and ask yourself "why?" Are you afraid of live streaming? Afraid of starting your business? Flying? Quitting your job to become an entrepreneur? Write your "Why" below.

"Our deepest fear is that we are powerful beyond measure"

Are you afraid of being judged? Are you worried that you don't know enough? Are you worried that no one will watch or buy from you? Be very honest. You may want to give it a little thought.

Once you figure out your why. Ask yourself on a scale of 1-10, how likely is the situation you've envisioned likely to happen?

1 2 3 4 5 6 7 8 9 10

Is the situation something you can control? Yes No

If it's complicated, explain why.

"There is only one thing that makes a dream impossible to achieve: the fear of failure."

What would make the situation something I'm afraid of NOT occur or make things feel less scary?

What steps can I take to begin to conquer my fear(s)?

*"Fear cuts deeper
than swords."*

I believe in taking baby steps if you are struggling to conquer your fear(s). Baby steps will help you continue to make progress, and they keep you motivated.

Here is an example of taking baby steps with your fears:

Fear: Scared to go live on Periscope or Facebook.

Why: Afraid of judgement, no one watching, trolls, not knowing enough. Afraid to mess up and embarrass myself.

Can I control the situation: Yes

What would make the situation less scary: Have your business bestie or friends/family join the scope to moderate.

What steps can I take: Find content that my ideal client needs. Find content that did well on social media. Write out several points about that content. Practice in a mirror. Record myself on a cell phone. Practice private scopes with accountability partners.

"Don't be afraid of your fears. They're not there to scare you. They're there to let you know that something is worth it."

- The final step is schedule goal oriented action steps to get you closer to conquering your fears. I'll use my example above to help with this.
- **Action goals:**
- Sign up for toastmasters
- Find a speaking coach
- Practice writing main points for what you will speak about
- Become very familiar with your content
- Envision yourself killing your live broadcast
- **Suggestions:**
- Breathe deeply
- Bring a friend into the process
- Focus on something else
- You are ready to win! Share your journey with an accountability partner. Keep moving forward with the steps you have outlined above.

I hope this worksheet has provided you enough courage to conquer those fears! If you have questions or would like to schedule a discovery call, please contact me at drgbusinessconsulting@gmail.com or www.drgbusinessconsulting.com

Thank You!