

DEAREST FEAR,

“Creativity and I are about to go on a road trip together. I understand you’ll be joining us, because you always do. I do acknowledge that you believe you have an important job to do in my life, and that you take your job seriously. So, by all means, keep doing your job, if you feel you must. But I will also be doing my job on this road trip, which is to work hard and stay focused. And creativity will be doing its job, which is to remain stimulating and inspiring. There’s plenty of room in this vehicle for all of us, so make yourself at home, but understand this: Creativity and I are the only ones who will be making any decisions along the way. I recognize and respect that you are part of this family, and so I will never exclude you from our activities, but still, your suggestions will never be followed. You’re allowed to have a seat, and you’re allowed to have a voice, but you are not allowed to have a vote. You’re not allowed to touch the roadmaps; you’re not allowed to suggest detours; and you’re not allowed to fiddle with the temperature. Dude, you’re not even allowed to touch the radio. But above all else, my dear old familiar friend, you are absolutely forbidden to drive.”

From *Big Magic* by Elizabeth Gilbert





“Every experience
no matter how bad it seems, holds
within it a blessing of some kind.
The goal is to find it.”

Buddha

Mauerbauertraurigkeit (noun)

The inexplicable urge to push people away, even close friends who really like you.



Owning our story can be hard, but not nearly as difficult as spending our lives running from it. Embracing our vulnerabilities is risky, but not nearly as dangerous as giving up on love and belonging and joy. Only when we are brave enough to explore the darkness will we discover the infinite power of our light.”

Brene Brown

FOUR STEPS TO OVERCOMING FEAR

1. Thank your fear/negative self talk for sharing.
2. Ask it to leave. (Get the _____ out of here!)
3. Ask, “how do I want to feel?”
4. Replace it with an authentic & empowering thoughts.

What are some of the subconscious negative thought patterns you’ve formed over the years? Write them in the left column and feel what they do to your body and your energy. Then, state new positive thoughts to create a more empowered state of being. Then, be a keen observer of these negative thoughts and practice intentionally replacing them with these new affirmations. It takes a lot of practice! But, eventually, you will master this new way of thinking and being, and it will change the way you see yourself and the world around you.

negative self talk  positive self talk

negative self talk	positive self talk
I can't do that. I don't know how. I will probably mess it up and fail.	I will spend 30 minutes per day learning how to do this. I got this.

Patience is key.

Today I ...

Meditated

Exercised

Ate Healthy

Act of Generosity

Tomorrow, I'll improve by...

SOCIAL MEDIA: CALL TO ACTION

Have a friend take a photo of you jumping in the air. Get creative and be safe. Find, copy, and paste your favorite quote about overcoming fear. Then, in your own words, encourage others to use fear to mobilize, instead of block them. Use hashtags:

#riseabovefear #TCtribe #HiEQ

“Everything is **energy**
and that’s all there is to it.
Match the frequency of the reality
you want and you cannot help
but get that reality. It can be no other way.
This is not philosophy. This is physics.”

Albert Einstein





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