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 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

JOURNALING

The truth is that we need fear, as it is essential to our survival. Fear keeps us from walking into traffic and getting run over or wandering into the woods and being eaten by bears. Fear also helps us build courage. The bigger your dreams and goals, the more fears you will likely face. But instead of fighting the inevitable fear, why not create a space in yourself where fear and courage can coexist?

FEAR 101: Expose it! Our natural inclination is to eliminate something of which we are afraid. But if you can expose the fear for what it is, the fear begins to shrink.

FACE IT: To gain a deeper understanding, we must courageously look fear in the face.

DISSECT IT: Identify what your fears are and where they're coming from.

LEAN INTO IT: Rather than running from fear, embrace it and learn to use it.

What are you most afraid of and why?

Mauerbauertraurigkeit (noun) The inexplicable urge to push people away, even close friends who really like you. 27 Describe the last time you felt angry, sad, or frustrated? Is there any way you can see fear underneath those reactions?

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	
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.	
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DEAR NEGATIVE SELF TALK

I am starting to see and hear you more clearly, and I must say that I am sick of you making me feel like I am not good enough. Sometimes, I hear your nagging, little voice every day! I can't believe I actually listened to you for so long. You get in the way of my being the most creative, fulfilled person I can be. There are so many ways you've stood in my way...

What does your negative self talk say? What's it getting in the way of? How does that make you feel?

Anecdoche (noun)

A conversation in which everyone is talking, but nobody is listening.

So, listen up, Fear! I'm no longer going to let you steer at all! Whenever you pop up-and I know you will because you're sneaky like that-I will first, thank you for being there, because I know you came into my life to protect me. But after that, I will tell you to get the ______ out of here. Then, I will replace you with an empowering voice and repeat positive thoughts. I want thoughts that make me feel important and special, so I can feel motivated to reach all the dreams and goals I have.

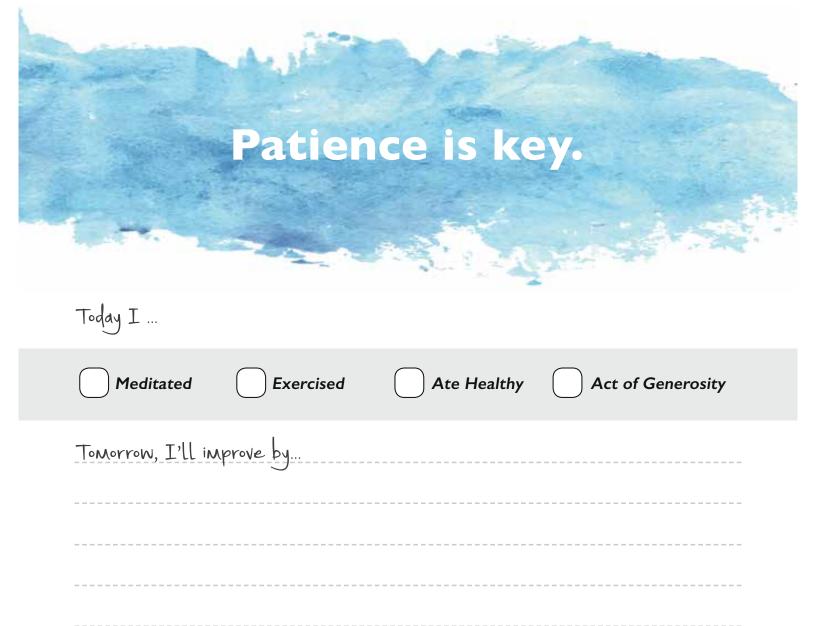
I will continue to make the shift towards self-empowerment for the rest of my life. The only force in my life will be the true voice of a person who is happy, inspired, thankful, and motivated to help others. I am here to inspire people and create a life full of love.

How do you want to feel? How can you get there? What new beliefs can you create and practice daily? How committed are you to making the shift?

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"I am committed to mindfully and intentionally making the shift to truly loving myself, being my own best friend, and living my most creative, meaningful life!"

Signed by

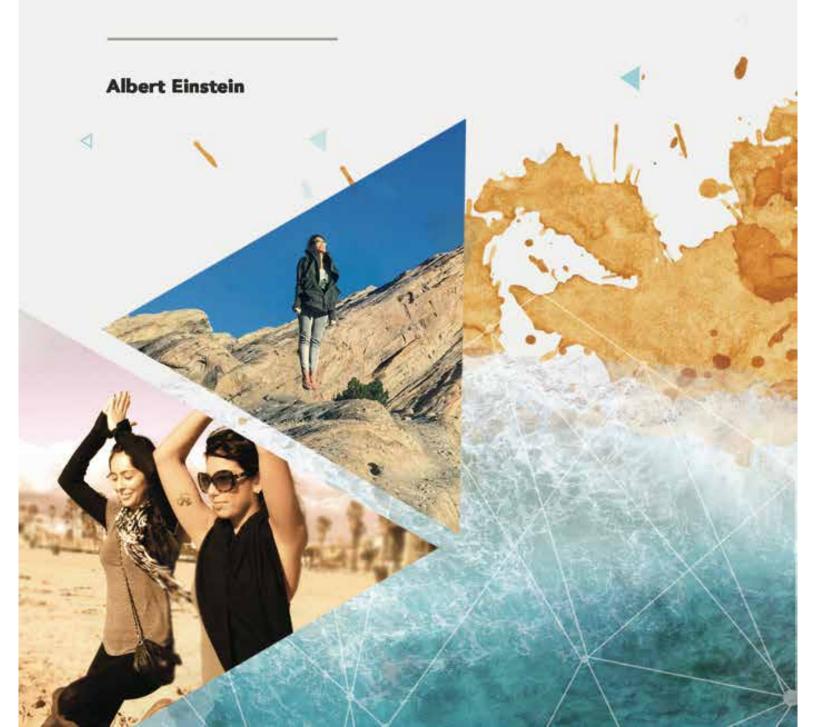


SOCIAL MEDIA: CALL TO ACTION

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."





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