

# WHAT FEAR IS GETTING IN YOUR WAY?

What would you do in and with your life if you weren't afraid? If you knew you couldn't fail? If time and resources weren't an issue? If you didn't care what people thought of you? Take some time out and answer the questions below.

**What would you like to do?**

Run my own furniture restoration business.

01.

02.

03.

04.

05.

## What fear is getting in the way?

I don't have any qualifications, I don't know enough,  
I would probably fail.

01.

02.

03.

04.

05.

Now, choosing one of these fears, what is one (small, regular) action you could take to face it? Note that I have said small and regular. This is because when making any change, neuroscientists have shown that it is best to make a change that is as small and unscary as possible. Then, once that small change has been processed by the amygdala (and your brain catches up and learns that it won't kill you), you can incrementally increase the change, but keep as many other variables as possible (such as new locations, new times) the same as before – thereby reducing your overall fear levels.