

"CONQUER YOUR FEAR" EXERCISES

These exercises will help you identify your fears and imagine the very best outcome instead of dwelling on the worst. The more you train your mind to think positively, the greater your confidence will be. When you envision yourself as victorious instead of a failure, you will feel empowered to keep moving forward. When you see what great things can happen, you are less likely to forfeit that best outcome by doing nothing to pursue it.

Complete the “Imagining My Fears” chart on the next page by doing the following:

- Make a list of the fears you have as you think about making changes in your life.
- Ask yourself “What’s the worst that can happen?” and enter that in the column next to the fear. Consider this when responding:
 - *If I fail, how long will it really take to recover?*
 - *Will it really matter a year from now?*
 - *Who will be affected if I fail?*
- Next, imagine the very best outcome if you trust God to help you conquer your fear and move forward, writing that in the third column.
- At the bottom of that page, answer the question, with renewed confidence that you will conquer your fears as you create your flourishing life!

Imagining My Fears

MY FEAR	WHAT IS THE <i>WORST</i> THAT CAN HAPPEN IF IT COMES TRUE?	WHAT IS THE <i>BEST</i> THAT WILL HAPPEN IF IT <i>DOESN'T</i> ?
Example: I am afraid I will fail if I go back to school.	I do not complete the course work to get my license to be a pharmacy technician, my lifelong dream. It will not affect anyone else's life.	I will receive my certificate as a pharmacy technician, and I will have a new fulfilling career, one I have always dreamed of!

Ask Yourself: Am I willing to forego the BEST outcome of taking action because I let my fears paralyze me?

Now complete the “Biggest Victories, Greatest Lessons Learned” chart. This exercise leads you to remember the confidence you gained and the sense of exhilaration you felt at times when you have overcome your fear.

You might go way back to your childhood—learning how to ride a bike, getting behind the wheel of a car for the first time on your own, leaving home to go to college, starting your first job—there are so many times you might have felt afraid to take the next step, but the result was well worth pushing ahead. More recently, you may have started a business, taken on a new leadership role, or embarked on a new fitness regimen to improve your health. Reliving those times will boost your self-confidence, especially now that you are wiser and have so many life experiences behind you to build on.

You might have failed the first time you tried, but you didn’t give up! Have you noticed that better things generally come into your life when you overcome one failure and keep pushing on? It’s true, from learning to ride a bike to changing careers. You must expect success to have it!

Use this chart to boost your confidence, knowing that if you have been successful many times before, you can do it again!

Biggest Victories, Greatest Lessons Learned

A TIME WHEN I OVERCAME MY FEAR	RESULTS OF MY VICTORY AND LESSONS LEARNED