

EXPAND BEYOND FEAR

NAME YOUR FEAR. Why are you afraid? Then what? Then what? Bullet-point your answers. No journaling, please.

ANSWER THE FOUR QUESTIONS

1. What's the lie?

2. What do you do when you try and stop the fear from coming true or being true—or to simply stop feeling the fear?

3. What would it be like to allow the fear to come true or be true, and you were equipped to handle it? What good might come from this fear occurring? What new possibilities would you create if this fear came true and you insisted on being happy anyway?

4. What new beliefs about yourself, your life, and life in general would you like to create?

ACTION PLAN: What will you do and choose to believe now when this fear comes up/in order to address this fear head-on? Bullet-point your list.

To access the Fear Rehearsal guided meditation, please visit:

www.kassiunderwood.com/beyondfear

Password: allow