

4 Steps To
Uncover & Harness

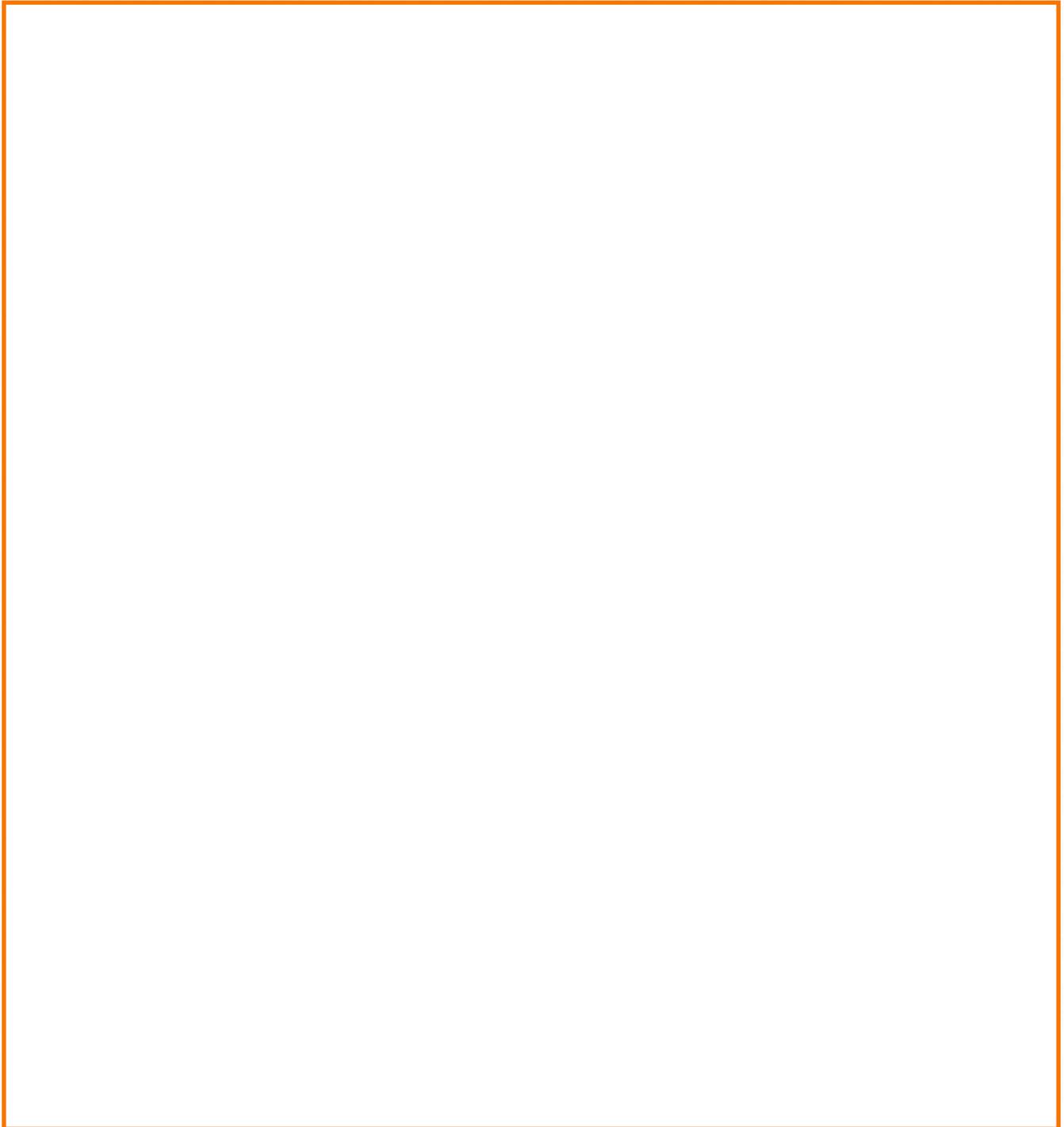
FEAR

A *my five*
acres  WORKBOOK

Step 1: Recognize Your Fears

Create a mind map to your fears.

- A. In the middle of the box, write one goal that has been on your to-do list for ages.
- B. List all the reasons you can think of that you have not tackled that goal.



Step 2: Own Your Fears

Part 1: For each reason you listed in step one, follow it back to its source.

eg. I don't have any ideas for guest posts > I am not an expert on anything > and I am not creative > FEAR: I am not smart enough!



Part 2: Write the ONE underlying fear that is at the root of all the fears you listed above.



Part 3: Take a minute to absorb, accept, and OWN your fear. Shout it loud and proud!

Step 3: Down the Rabbit Hole

Part 1: Write the worst imaginable result if you ignore your fears and DO IT anyway.



Part 2: Now pretend you let fear win. What happens if you let fear keep you from action?



Step 4: Your Optimism Machine

Part 1: Now imagine you take action and have huge success. What's the best you can imagine?

Part 2: Back to reality now... List the REAL possible benefits from completing your scary goal.



Part 3: Cut out the list you wrote in Part 2 and hang it on your wall.

Amazing work!

Fear sucks.

It's up to you whether you let it suck the life right out of your dreams, or whether you fight back, kicking fear to the curb when it tries to get in your way.

It takes a lot of work and a powerful mindset, but I truly believe you CAN master fear and live YOUR adventure, whatever that means to you.

I'm Jane.

My biggest fear is living an ordinary life; boredom terrifies the crap out of me!

If you want to find more courage to take your dreams to the next level, come find me (and my partner Stephen) on [My Five Acres](#). We'll help you ditch your dull life and chase your dreams, however scary those dreams may seem.

*Here's to mastering fear!
Stephen & Jane*

