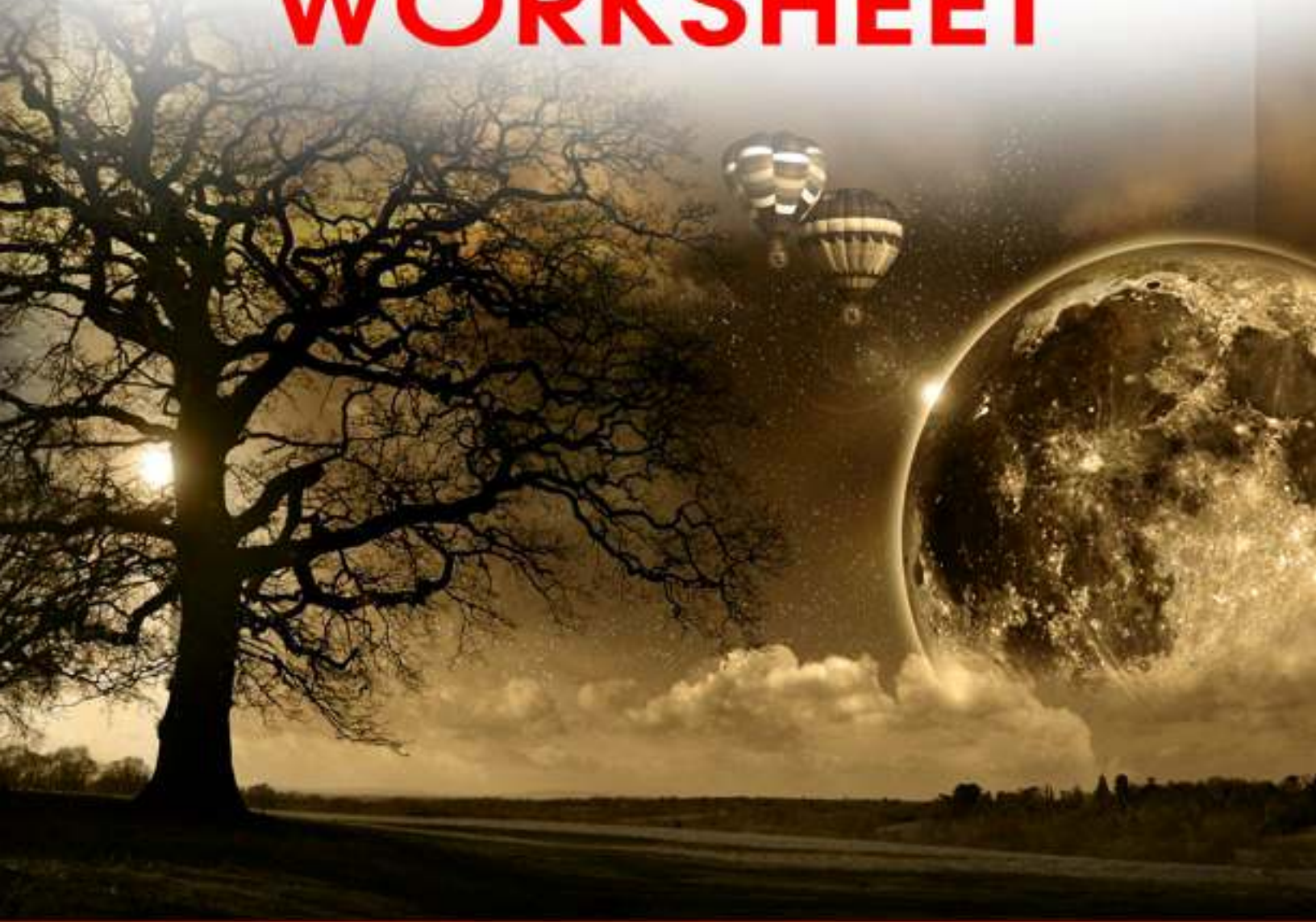


# **ACHIEVING YOUR DREAMS WITHOUT FEAR**

**A SIMPLE GUIDE TO LIVING  
THE LIFE YOU DESERVE**

## **WORKSHEET**



# ACHIEVING YOUR DREAMS WITHOUT FEAR

## WORKSHEET

### Transforming Your Fears Into A Powerful, Positive Force

Make a copy of this worksheet for each of your fears. Answering these questions will enable you to replace each fear with a new, positive belief that encourages you to take action to achieve your goals and live the life you've always desired.

- 1. What fear do you have that could be stopping you from pursuing your dreams?**

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- 2. A. List past situations when this fear held you back.**

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- B. What did you miss out on because of your fears?**

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## **WORKSHEET**

- 3. Quote yourself: What do you say to yourself in your fear-controlled moments?**

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- 4. What experiences, observations, or beliefs could have made you feel this way? Remember as far back into your childhood as you can.**

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5. **Ask yourself: “Why?” Why did these experiences have this effect on you? Are there deeper fears behind this fear?**

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6. **Reflect: Could you be misinterpreting some of these experiences negatively in order to validate your fear? Is your perspective skewed toward the negative?**

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## WORKSHEET

7. Determine the truth: What is your new belief that counteracts your fear?

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***Now that you have developed a new mindset that you know to be true, seek out opportunities to validate this new belief in your subconscious.***

Integrate this new outlook into your affirmations and positive self-talk throughout your day, every day. Soon, this belief will become part of you and your crippling fear will dissolve as if it had never existed!