

THE FEAR FACTOR

It's not real!

It is inevitable that you will go through fears and doubts during the journey to achieving your goals. From the fear of failure and looking foolish in front of those who told you it would never work. to being ready to quit because you don't believe you have the skills, the talent, the personality, the following, or whatever you think you need to be more than just an imposter. Confronting these thoughts and writing them down will be a huge help for you to move past those unfounded doubts.

What would it feel like if you didn't reach the goals you have set yourself?

But what would it feel like if you DID reach the goals you have set yourself?

Do you REALLY care that much about the opinions of those who doubt you? Why?

Describe three situations where you feel Imposter Syndrome might take hold?

If you have upgraded to Business Class complete this sheet before our first group call if possible so we can talk more about our fears and how to overcome them.