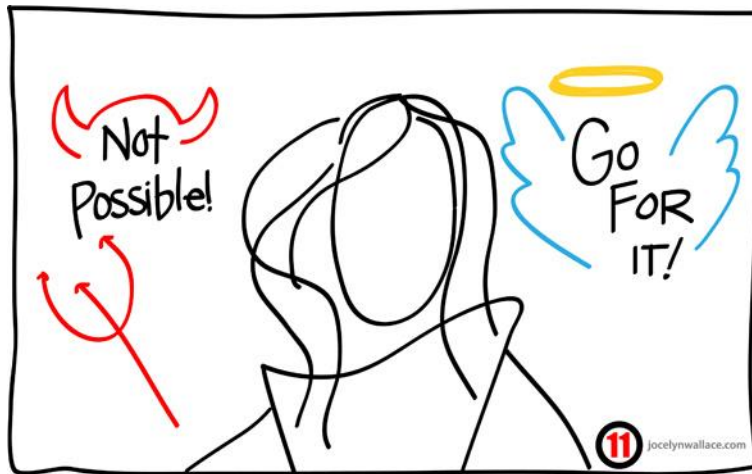


ACTION GUIDE: Getting Past Your Fears

Step 1. Understand that you have a choice to pursue your reinvention from fear or from love. Think of fear as the “devil” and love as the “angel”:



Step 2. List some fears you have about reinventing your career:

1. _____
2. _____
3. _____
4. _____
5. _____



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6. _____

Step 3. From the list above, define which fears are functional and which are false and answer the following question:

✓ *What can I do to solve my functional fears? And how can I release my false fears?*

Step 4. To break the grip of fear and make the mental shift to focus on love, use Byron Katie's Four Questions to analyze your thoughts. Identify a thought that is preventing you from pursuing your reinvention fully (e.g., "I'm not good enough.")

Thought:

Now, ask yourself the following:

- a. *Is this thought true?*
- b. *Can I absolutely know that it's true?*
- c. *How do I react? What happens when I believe that thought?*



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d. *Who would I be without that thought?*

Write your answers to each question below:

Now...

Turn that thought around to focus on love (e.g. "I have value and am worth the effort."). Find three genuine, specific examples of how the turnaround is true in your life.

Turnaround Thought:

Example 1:



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Example 2:

Example 3:

Step 5. Relax! When we feel anxious it shuts down our creativity and pulls us out of the flow of reinvention. Make a list:

What actions can I take that reduce my anxiety and help me think more clearly (e.g. talk to others, exercise, remember past successes, etc.):

1. _____
2. _____
3. _____
4. _____
5. _____



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6. _____

7. _____

Step 6. Give up excuse-making and complaining! Identify the excuses you must give up in order to move forward in your reinvention by answering the following questions:

- ✓ *What excuses do I make for why I can't move forward with my reinvention? What steps can I take today to solve these issues?*

- ✓ *What things am I complaining about? In thinking about these complaints, in what way do they indicate that I need to make a change that I'm afraid to make?*



Step 7. Use one of these ten tactics to get past your fear:

1. **Awareness:** Identify when it is a false fear that appears real.
2. **Redirect:** Change your focus to another activity; distract yourself.
3. **Back-talk:** Acknowledge the fear but “talk back” to it (tell it that it can’t stop you, etc.). This is a way of asserting your power over fear.
4. **Sharing & Support:** Talk to someone (i.e., friends, therapists, coaches) who’s been through what you’re facing or who can act as a sounding board for you.
5. **Action:** Feeling fear doesn’t have to stop you from taking action. As the book says “feel the fear and do it anyway”!
6. **Memory:** Survey your past and make a list of times when you’ve succeeded despite having fears. This can help you understand that even though an action seems scary, you will survive (and probably thrive!)
7. **Reduce it:** Break the task you fear into smaller, more manageable steps. This can make your fear seem less overwhelming.
8. **Identify the fear:** Go deeper into your fear and identify what value you think is being threatened. You can then objectively analyze ways to address that.
9. **Set a goal to overcome your fear:** Using sheer willpower can be an effective way to get yourself going.
10. **Ask yourself the Core Questions:** Use these questions to help you get perspective on your fears, which is the first step in overcoming them:
 - *Is it in my best interest to stay safe in this situation?*
 - *Do I need a boundary here, or do I need to expand?*
 - *What’s the worst thing that could happen? If that happened, could I overcome it?*

