



Day 1 - Worksheet

How does fear show up in your body?

Example - A racing heart, a tight chest, difficulty breathing...

Be present to the emotion of fear in your body and describe how it physically feels. Become the observer of it, in the absence of thought and resistance, invite it in and allow it to vibrate through your body. Does the emotion dissipate after a few minutes?

Notes -

What thoughts show up for you in the moment of fear?

Example - I can't do this, there is too much to do, what happens if...

Notes -

Workshop your thoughts over to the expanding mindset. What other thoughts are possible and true for you?

Example- From "I can't do this" to "I could do this if I try"

Workshop your thoughts over to the expanding mindset - what other thoughts are possible that could be equally true and believable for you.

Notes -

What are some other scenarios where you feel stuck? Bring these to your next coaching call, to get coached on a new way forward.

Example - No one listens to me, I can't stop thinking about....

Bring any scenario where you feel stuck in a thought / feeling loop to the next coaching call. You can get coached live by raising your digital hand or write in the Q&A box. The only person who will see you or read your questions is the coach. Otherwise you can just be an observer and listen to others getting coached to learn how we can troubleshoot our way through these sticking points.

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