


Shay Shay **TRIES**

**#NOFEAR
FEBRUARY**



**A workbook to help you turn that
fear into fulfillment.**



Try This...

Take a moment to reflect on the things that bring you fear. Write down as many as you can then highlight the 3 you have been most reluctant to address.



Acknowledging that fear comes from vulnerability is the first step in making your fears work for you. Take the 3 highlighted fears and spend some time being honest with yourself. Write down what's stopping YOU from making those fears turn into goals.

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Consider This...

Now that you've acknowledged your fears and what's preventing you from turning them into goals, come up with some actionable steps you can take to make it happen.

- If it's money...open up a savings account
- If it's time...consider where you can cut time in other areas (is Netflix on your list?)
- If you're unsure of how to get started...get connected. Find community and networking groups in person or online to help you find others who can provide relevant insight into whatever it is you need
- Whatever it is, take action. Only you can let your fears take control of you.

Take Action...

Something I Can Make Happen Today...

Something I Can Make Happen This Week...

Something I Can Make Happen This Month...

REMEMBER THIS

Fear allows you to make excuses
and prevents growth.

Turn that fear into courage.
Use it as fuel to drive your curiosity.

Trust yourself enough to believe
that you can be successful and find
fulfillment.

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