Overcoming Fear, Self Doubt and Resistance

RESULTS BOOK

Vision and Clarity in You Life

What area of your life do you want more clarity on in terms of moving your life forward?
You can do this for every area of your life, but first start with one area. eg. your business

What timeframe do you want to work with getting clarity in this area?
If you have no plans or clarity already in this area then start off with 3 months, if you already have say a six month plan then work on getting clarity for longer eg. 1 year or 5 years

AWAKEN YOUR INNER GAME

Sit and brainstorm for at least ten minutes, what you want to create in this area of your life. Do this from your heart (not from your logical brain), and don't write down what you 'should' do, write down what you really want. Free flow and don't think about it, just write what comes out.

What you want brainstorm continued.....

What you want brainstorm continued.....

Now that you have brainstormed what you want it is time to refine it down to a clear list of what you are going to commit to creating in the timeframe that you set out. Refine your list now and write out what you are actually going to create within your timeframe.

Refining continued.....

Now question what you have committed to :

Is this really what you want?
Are you willing to do the work to get this?
What will it mean if I achieve all of this?
What will it mean if I don't?
Does this feel like it is in alignment with you?
Does your heart get excited about it?

Now refine it again if you need to....

What are the specific steps that you need to create this in your life?

Specific steps continued.....

Bringing awareness to your fears, self doubt and resistance

What is usually at the core when your fear, self doubt and resistance comes up?

- Fear of failure
- Fear of success
- Not feeling worthy enough
- Worrying about what others think
- Fear of rejection
- Fear of losing what you have
- Fear of the unknown
- Not wanting to push out of your comfort zone
- Not feeling able to do what you need to do
- Not feeling good enough
- Lack of motivation
- Lack of clarity

Where does this come from? Be as specific as you can here, listing the experiences, fears or beliefs if you know them.

- Past experiences
- Irrational fear that you made up in your head
- Limiting Beliefs

What excuses do you generally give as to why you are not where you want to be in your life?

Are these real and valid excuses? Be honest with yourself here.

How can you get what you want in your life despite the reasons/excuses you tell yourself that hold you back?

Are you letting your scared child self run your life right now?

What energy(s) do you want to bring into your life more?
Confidence, certainty, inner peace, calmness etc.

What are you resisting in your life that you know deep down you need to do?

What steps are you going to take to do this and make it happen?

WELL DONE! You have completed the Results Book for this week.