

Name:

Section:



Date:

Score:

What are three things you would do if FEAR was not a barrier?

Here is your question: what are three things you would do if you were not afraid to do them?

Would you pursue a certain sport or hobby? Would you learn a new language? Would you run a marathon? Would you read more books? Would you take dance classes? Would you learn how to do pull-ups? Would you learn how to play the guitar? Would you talk to more people and be more sociable? Would you go skydiving?

Once you have written down 3 things you would like to do, create a plan for how you are going to embrace your fears and take action on these things. What daily habits or rituals do you need to practice? What mental barriers do you need to squash?

Then answer the following questions. What do you think would happen if you committed yourself to embracing your fears and followed your action plan for an extended period of time? Envision who the future you could become.

So once again, write three things you would do if fear was not a barrier. Then create an action plan on how you could embrace your fears. Then envision who you could be if you stayed true to this plan and kicked fear in the face.

Write three things you would do if fear was not a barrier

What actions can you take to embrace these fears?
