



7 Steps to Your Next Breakthrough Step 3

Let Go of Your Fears

Your assignment: Take 15-20 minutes and listen to the audio and complete this step's exercises.

From Ask and It Is Given by Esther & Jerry Hicks

1. Joy, Love, Appreciation, Gratitude, Faith and Trust
2. Confidence
3. Passion
4. Enthusiasm, eagerness, Happiness
5. Positive Expectation/Belief, Certainty
6. Optimism
7. Hopefulness
8. Contentment
9. Boredom
10. Pessimism
11. Frustration, Irritation, Impatience
12. Overwhelm
13. Disappointment
14. Doubt
15. Worry
16. Blame
17. Discouragement
18. Anger
19. Revenge
20. Hatred/Rage
21. Jealousy
22. Insecurity, Guilt, Unworthiness
23. Resentment/Judgment
24. Fear, Grief, Depression, Despair, Powerlessness



Which do you feel about your next level?

Which do you feel about your life/business/career?

List all of your fears.



After you list your fears, complete the following 2 exercises:

1. Where did these fears come from?
2. Is there any evidence to support the fear?
3. How have you repeatedly stopped yourself because of this fear?



4. Who could you become?

Step 1: Write about a result that you would like to have in your life that you have a tremendous amount of fear around.

A. write about the clear result you want

B. write about the fear that stops you

Step 2: Look fear in the eye and ask yourself....If you had to be bold and courageous to break through this fear, what would that look like? How would that feel for you?

Step 3: How would you have to act in the circumstance that gives you the fear so that you would be bold and courageous?

What have you learned about yourself from completing this step in the program?



Final question: Maya Angelou says “when we know better, we become better because we do better.” Now that you are aware of your self-sabotaging beliefs, are you ready to become better by doing better or UNLEASH-ing them?

Congratulations!!! You’ve completed step 3.

