



Lesson 4: Moving Beyond Fear

Journaling Prompts

- What is fear costing you in your life?
- What is it that I am truly afraid of?
- What does my higher self most want me to know right now?

Practice: Releasing Fear

Bring to mind what you worry about the most. Write it down, being as specific as you can, and say it out loud. Write down what scares you the most about it. Ask yourself these questions:

- Am I facing what I fear in this moment?
- Is it possible that I could never experience what I fear?
- If I did experience this fear in my reality, how might I handle it? What possible scenarios could make it a good thing?
- What else could I be doing or feeling instead of worrying about this?
- How might my higher self view what it is I fear?

As you dissect your fear and approach it from different angles, pay attention to how you feel in your body. Send breath to wherever you feel tense. Can you bring yourself some relief?

Write down one to three things you could do within the next three days to nudge yourself out of your comfort zone in this area. Note: make sure these risks are not physically dangerous acts or acts that infringe on others' rights. The goal is to take a step toward facing your fear to prove to yourself that you can handle whatever comes your way.

Mantras:

I will have what I need when I need it.

I trust myself.

I am divinely and lovingly supported.