

FIGHT THE FEAR WORKSHEET

DATE _____

1. Describe your current situation.

2. How are you feeling about it?

(one word only)

3. What do you hope to happen?

4. What do you want more of?

(one word only)

5. What are your fears?

6. What is one word that best describes #5?

7. What do you do in situations of fear?

8. Your Personal Pledge

I release my belief in

(Box 6)

I release my need to/for

(Box 7)

I am grateful,

(Box 4)

is the way I AM.

9. What actions do you intend to do?

10. THE OUTCOME

DATE _____

INSIGHTS
