



The Time is Now

Let Yourself Be Vulnerable: Exercise

Life Planning Exercise 27 – Overcoming My Fears

To create the life you've always wanted and dreamed of, you must put yourself out there and accept being vulnerable in order to grow. This will mean learning to attack your fears, taking risks, expressing your emotions, and doing things that may make you uncomfortable. No, this isn't easy. But it's vital to push against the mental boundaries we all set for ourselves, because opportunity lies on the other side of vulnerability.

Step 1 – Identify Your Fears – People often limit themselves due to fear. Fear of doing things prevents you from taking the actions necessary for your success. Perhaps you are scared of speaking in public, yet getting up in front of people will be essential to your success in life? People who succeed in life know that great rewards exist beyond their conquered fears, and they therefore work constantly to overcome them.

Some common fears and insecurities that can hinder our progress in life are listed below. Highlight those that apply to you, and add additional ones not included on this list. On the next page, list three or four of your fears of greatest impact, and explain how they could impact your future.

Example: *I am afraid of seeing the doctor. I know this could be a problem, because it's important to me to stay healthy throughout my life.*

Common Fears

Being Myself In Public	Public Speaking	Heights
Meeting Strangers	Intimacy	Saying What I Think
Failure	Rejection	Making Mistakes
Commitment	Looking Stupid	Driving
The Opposite Sex	My Appearance	Asking For Help
Needles	Being Alone	Water/Swimming
Abandonment	Dying	Falling
Change	Germs	Doctors
Large Crowds	Open Spaces	Not Achieving Success

Fear of Greatest Impact 1

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Fear of Greatest Impact 2

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Fear of Greatest Impact 3

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Fear of Greatest Impact 4

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Step 2 – Flipping the Switch – Now that you’ve identified your most limiting fears, try to come up with a statement you can say to yourself to help overcome the fear.

Example: Public speaking is critical to my success in life. All my dreams come true on the other side of fears, and I am unwilling to let this fear hold me back any longer. I will begin talking in small group settings, and this will help me get closer to my dreams.

Flip the Switch Statement #1

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Flip the Switch Statement #2

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Flip the Switch Statement #3

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Flip the Switch Statement #4

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