



FEAR NOT, NEITHER BE DISCOURAGED

-deuteronomy 1:21



**LOOK UNTO ME
IN EVERY
THOUGHT,
DOUBT NOT
FEAR NOT**

-doctrine and covenants 6:36



fear comes when we
don't love what is...
when we want
everything & everyone
to be different.

-byron katie



when we turn pro, we
stop running from our
fears. we turn around
and face them.

-steven pressfield



WHAT ARE YOU FLEEING FROM?

Steven Pressfield says: Before we turn pro our life is dominated by fear and resistance. We live in a state of denial, we're denying the voice in our heads. We're denying our calling. We're denying who really are.

•Make a list of five things you're afraid to do:

- 1:
- 2:
- 3:
- 4:
- 5:

•Choose one fear you wish you would do, write about what you would do if you weren't afraid (write on the back of this paper if necessary):

•If you weren't afraid, what would be your next step? Fill in the following statement:

If I weren't afraid, I would _____

•Do what you wrote. Be afraid. Feel the fear. Do it anyway.