



YOU ARE
GOLD, BABY.
SOLID GOLD.

FOUR STEPS FOR DEFEATING FEAR

1

Be aware of fear when you sense it

2

Take a judgment-free look at the root of the emotion to understand it better

3

Create a path THROUGH the fear, so you move to the next level

4

Create an evidence board to serve as a reminder of the amazing job you are doing

Now go out there and live your best life!
Fear doesn't ever have to hold you back ever again!

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