

July DIY Exercise

KEY: GIVE YOURSELF PERMISSION

QUOTES

"We suffer more often in imagination than in reality." Seneca the Younger

"Where fear is, happiness is not." ~Seneca

"...remember, fear doesn't exist anywhere except in the mind." ~Dale Carnegie

EXERCISE #1: CREATE A FEAR LADDER

This exercise will help you identify one or more fears that are blocking you from achieving your goals. Here are the steps, and afterwards, an example.

Steps

1. Identify a fear you wish to break through.
2. Make a list of the things you can do to accomplish your goal.
3. Arrange the list items in the order necessary to accomplish your goal.
4. Assign a "Fear Rating" to each item based on how much fear it generates in you on a scale from 0 to 10, with "0" equaling no fear to "10" for maximum fear. Once you have rated each situation, use the Fear Ladder form to make a final list.

Note: You can identify additional fears you want to break through and make a Fear Ladder for each.

Example

GOAL: Break fear of giving work presentations.

Step	Situation	Fear Rating
9.	Giving the prepared presentation during a staff meeting and answering questions	10
8.	Giving a short update of a project during a meeting	9
7.	Asking questions during meetings	8
6.	Asking the supervisor a question after the meeting with other co-workers present	7
5.	Giving an abridged version of the presentation to a few coworkers and having them ask questions	6
4.	Making a comment during a meeting	5
3.	Giving the prepared presentation in the boardroom with a few close co-workers present	5
2.	Giving the prepared presentation in the boardroom with only a close colleague present	4
1.	Giving a prepared presentation in the boardroom after work with no one present	2

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EXERCISE #2: THE FEAR GAME

We don't learn much by remaining in our comfort zones. It's when we venture outside of them that we learn and grow. So, we have two options in life: stay in your comfort zones or venture out of them and grow. This exercise will help you grow. It's simple and there's just one rule. ***Feel the Fear and Do It Anyway!***

1. Go back to your Barrier List and determine the fears you have around those barriers and the action(s) you need to take to overcome them.
2. Identify the tasks or activities you can't do because fear is blocking you.
3. Reframe your response and create a new algorithm. When you need to do something and fear is throwing up a stop sign, change it into a green light! Here's how it works.
 - a. Feel the Fear!
 - b. Remove the "Stop sign"
 - c. Rub your hands together
 - d. Imagine a green light
 - e. Now, *Go Do That Thing!*

Take the path of courageous action. No matter the result, celebrate yourself for acting in the face of fear. And for taking another step towards breaking your barriers.