



WHAT'S YOUR
ONE WORD?

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Welcome to **FEAR(LESS) MASTERCLASS**

with Penny Locaso



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“Fear(less) doesn’t have a perfect plan,
it’s trusting that your action will breed
the clarity.”

- Penny Locaso



7
NEWS
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WANT

FEAR

ACTION


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I WILL SHOW UP FEAR(LESS)LY
TODAY

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THE FEAR(LESS) DAY



What is fear(less) and
how to embed it in the
everyday

Respond pro-actively to
fear and shift your
attitude towards failure

Get comfortable with
discomfort and turn the
dial up on you

A close-up photograph of a woman wearing a dark brown hijab and a white face veil. She is holding a large, dry, brown leaf over her face, partially obscuring her features. Her eyes are visible through the opening in the leaf. She is standing next to a tree with rough, textured bark. The background is softly blurred, showing more of the tree and some foliage.

WHO ARE YOU REALLY?

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WHAT IS FEAR?

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THE FEAR(LESS) ARTIST

Draw a picture of a time
you felt fear

Write on your picture, I
had fear of...

Grab your fear(less)
accountability partner

Share your fear, how did it
feel, did you have a
physical response, what
did you learn?

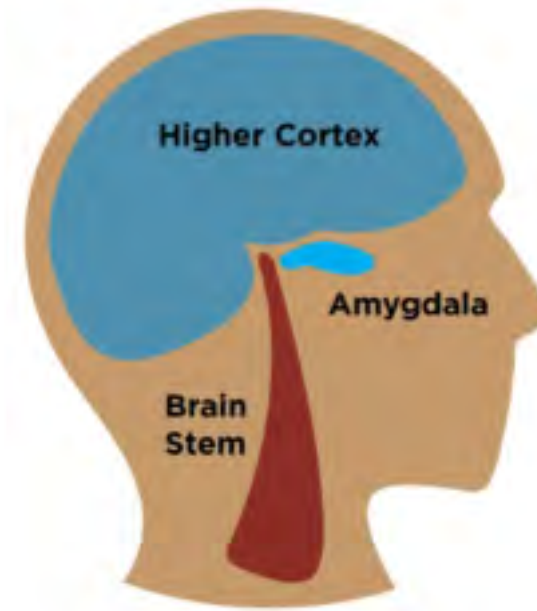
“A distressing emotion aroused by impending danger, evil, pain, whether the threat is real or imagined.”

- dictionary.com

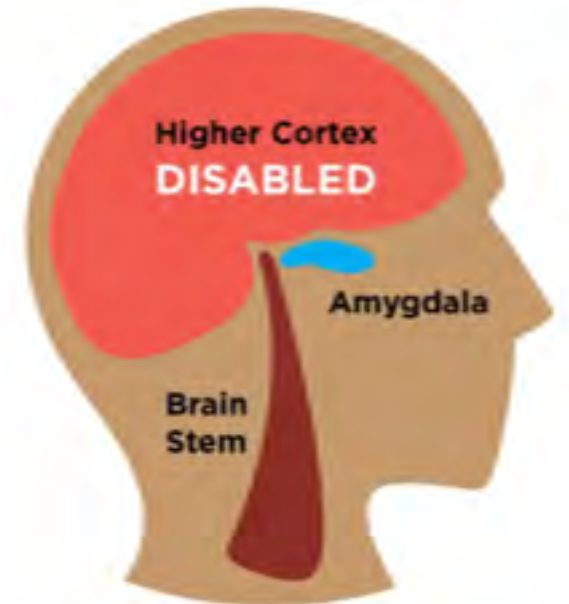
Change

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IT'S ALL IN THE MIND



LOW Emotion
(Calm, Relaxed)



HIGH Emotion
(Anger, Fear, Excitement, Love,
Hate, Disgust, Frustration)

The background of the image shows three vintage, dark-colored dumbbells with spherical weights and a central handle, resting on a dark, veined marble surface. One of the weights has the number '8 1/2' inscribed on it in a light color. A dark horizontal bar with a thin teal border is positioned across the lower half of the image, containing the text 'NEUROPLASTICITY'.

NEUROPLASTICITY

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The language you use will determine
your ability to deal with fear.

A young woman with long dark hair, wearing a white long-sleeved shirt, a grey pleated skirt, black knee-high socks, and brown shoes, is lying on her back on a thick, horizontal tree branch. She has a white book balanced on her head. The background is a blurred green landscape with trees and a body of water. The scene is captured in a cinematic style with soft lighting.

FROM BUSY TO
POSITIVELY OCCUPIED

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A close-up photograph of two matchsticks against a dark, textured background. One matchstick is lit, with a bright yellow and orange flame at its tip. The other matchstick is unlit and lies diagonally across the lower right portion of the frame. A semi-transparent dark grey rectangular box with a thin teal border is positioned horizontally across the middle of the image, containing the text "FEAR TRIGGERS" in white, bold, sans-serif capital letters.

FEAR TRIGGERS

Status

Certainty

Autonomy

Relatedness

Fairness



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PERSONAL REFLECTION

GROUP

- Behaviours displayed
- Actions to shift our mindset





TRIGGER RESET HACKS

3 Deep breaths

What is, rather than
what if

Label the feeling

What's the worst that
can happen?

A man with a beard and long hair, wearing a dark blue hoodie with a grey quilted vest, stands with his arms crossed. He is looking down. The background is a dark chalkboard with two large, white chalk drawings of hands, one on each side of the man. The hands are in a 'rock on' or 'devil horns' gesture. A black rectangular box with a green border is overlaid across the middle of the image, containing the text 'WHAT IS FEAR(LESS)?'.

WHAT IS FEAR(LESS)?

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WHO IS FEAR(LESS)?

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FEAR(LESS) IS

Owning vulnerability

Making decisions in imperfection

Persisting in adversity

Embracing failure

Acting on curiosity

Making it safe for others



CREATING A SAFE SPACE FOR FEAR

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A person is seen from behind, wearing a denim jacket with the words "BORN THIS" spelled out in large, raised, metallic studs. They are walking in a crowd of people, some of whom are holding rainbow flags, suggesting a Pride parade or a similar LGBTQ+ event. The background is slightly blurred, showing other participants and a city street.

HOW DIFFERENT ARE
WE REALLY?

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MOST COMMON FEARS

Judgement

Failure

Letting others down

I don't have what it takes

Financial instability



WHY FEAR(LESS)?

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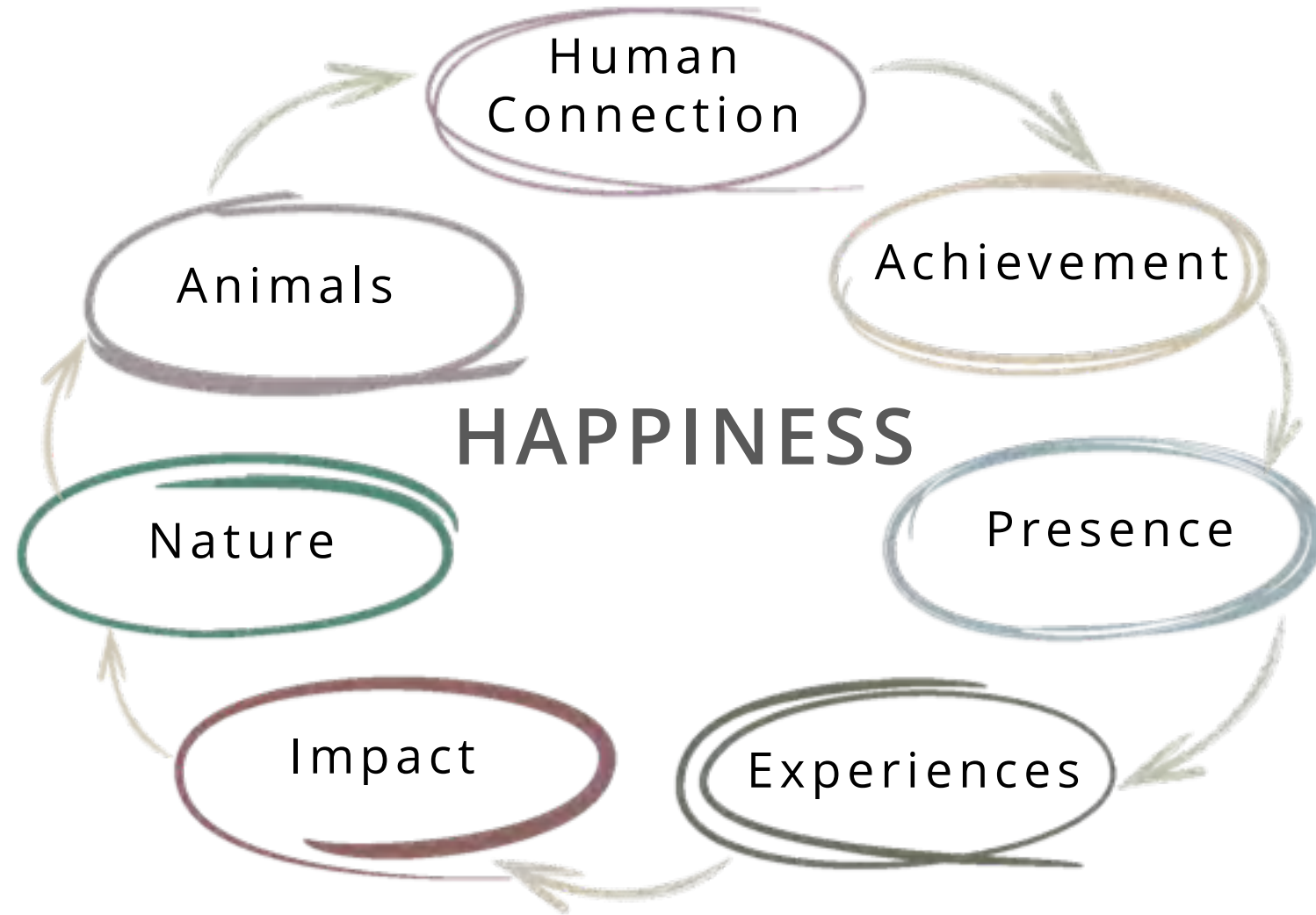
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A person with long blonde hair, wearing a black jacket, blue jeans, and a backpack, is captured mid-jump on a wooden bridge. Their hair is flying in the air, and their arms are raised in a joyful gesture. The bridge has dark wooden railings and is surrounded by lush green trees, suggesting a park or forest setting. The overall mood is one of freedom and happiness.

WHAT HAPPINESS LOOKS LIKE

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WHERE IS HAPPINESS FOUND?



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FEAR(LESS) IS...

A close-up, black and white photograph of a person's hands clasped in front of their face. The person is wearing a dark, patterned headscarf and a dark, textured garment. The hands are adorned with a beaded bracelet and a tassel. The background is a soft, out-of-focus grey.

CHALLENGE YOUR CHATTER

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“Remember when you wanted what
you have now?”

- Unknown



CHALLENGE YOUR CHATTER HACKS

Talk to Trump

Create a feel-good folder

Go to the fearless ones

Act confident

Swap your words

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CHALLENGE YOUR THINKING

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CHALLENGE YOUR THINKING HACKS

Embrace failure

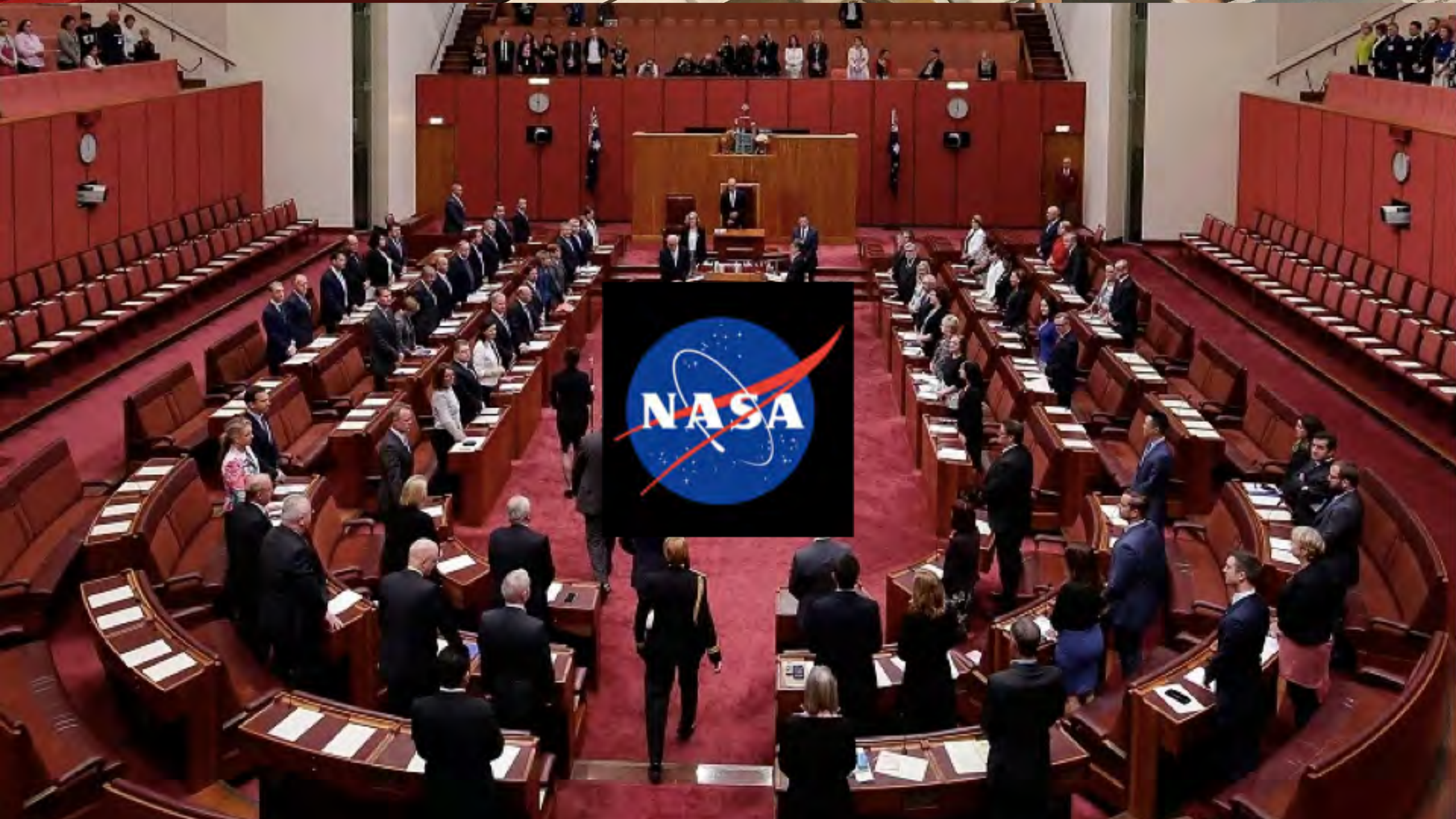
Focus on what you can control

Beware the concern troller

Ask for help

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Get comfortable with discomfort





LET'S GET FEAR(LESS)

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100 No's

"Breakthrough moments come when we surrender the need for control and allow ourselves to get comfortable in discomfort" —Penny Locaso

NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
NO	NO	15 High five	NO	NO	NO	NO	NO	NO	NO	NO	NO
NO	NO	NO	NO	NO	30 Round yourself	NO	NO	NO	NO	NO	NO
NO	NO	NO	NO	NO	NO	NO	NO	45 Stop to reflect	NO	NO	NO
NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	60 Share your experience
NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
NO	NO	75 Almost there	NO	NO	NO	NO	NO	NO	NO	NO	NO
NO	NO	NO	NO	NO	90 Share your experience	NO	NO	NO	NO	NO	NO
NO	NO	NO	100 Excellent customer								

Your Yes's

Write down every time you receive a Yes whilst in pursuit of your 100 No's

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THE FEAR(LESS) GAME PLAN



WE
TALKIN
ABOUT
PRACTICE



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FEAR(LESS) MASTERCLASS

The Fear(less) **Game Plan**

What am I
afraid of?

What is the
impact/worst thing
that could happen?

What is the
likelihood? (High,
Medium or Low)

What can I do to
mitigate or minimise
the likelihood of
this happening?

What's the best
thing that
could happen?

1.

THE FEAR(LESS) GAME PLAN

A black and white photograph of a person in silhouette, seen from behind, looking out a large, multi-paned window. The window reflects the street outside, showing buildings and a few figures. The overall mood is contemplative and somewhat somber.

WHAT'S THE COST OF INACTION?

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FEAR(LESS) HOMEWORK

YOU MUST
BRING YOUR
WORKBOOK
BACK WITH
YOU!

You must get at least 5 NOs
before we next connect

Practice your challenge my
chatter hack

Set a date to reconnect with
your accountability partner

Implement your game plan

Note your learnings as you go

You have the ability to be fear(less) by:

THE FEAR(LESS) RECAP

Shifting your language around fear

Getting your fears out of your head

Understanding environmental triggers

Choosing to get comfortable with discomfort

Focusing on what you can control

ONE WORD REVISITED

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“The only thing we have to fear
is fear itself”

- Franklin D. Roosevelt



THANKS

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WHERE TO FIND ME



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WeRBKindred



Future Proof with Penny Locaso

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