

Shifting from Fear to Fearlessness

reflection & journaling ✨

Reflect on the past month and answer the following prompts by writing honestly and without judgement. DO NOT EDIT YOURSELF. There is a tendency to do this even on paper, but think about it this way: would you rather these words, thoughts and feelings be out on the paper or stuck in your energy field?


✦

How is fear impacting your life?

When was the last time you experienced fear?

What does fear look like when it's happening to you?





When you're in a state of fear, how do you react? (Do you avoid, shut down, get angry etc).

How do these experiences make you feel on a physical and emotional/mental level?



How would conquering fear change your life?

