



FEEL THE FEAR AND DO IT  
ANYWAY...

GO ON, YOU KNOW YOU WANT TO.

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January is boring. Why not make it more exciting by scaring the crap out of yourself? It'll make you feel good, I promise and we can all be fear-fighters together...

So, come on, join my Feel the Fear challenge...

**First, a few questions...**

**What fears go around in your head?**

*They can be big, small, general or specific.... So, for example, I get nervous picking up the phone, pushing myself at work, opening my bank statements, talking to men.... and driving.*



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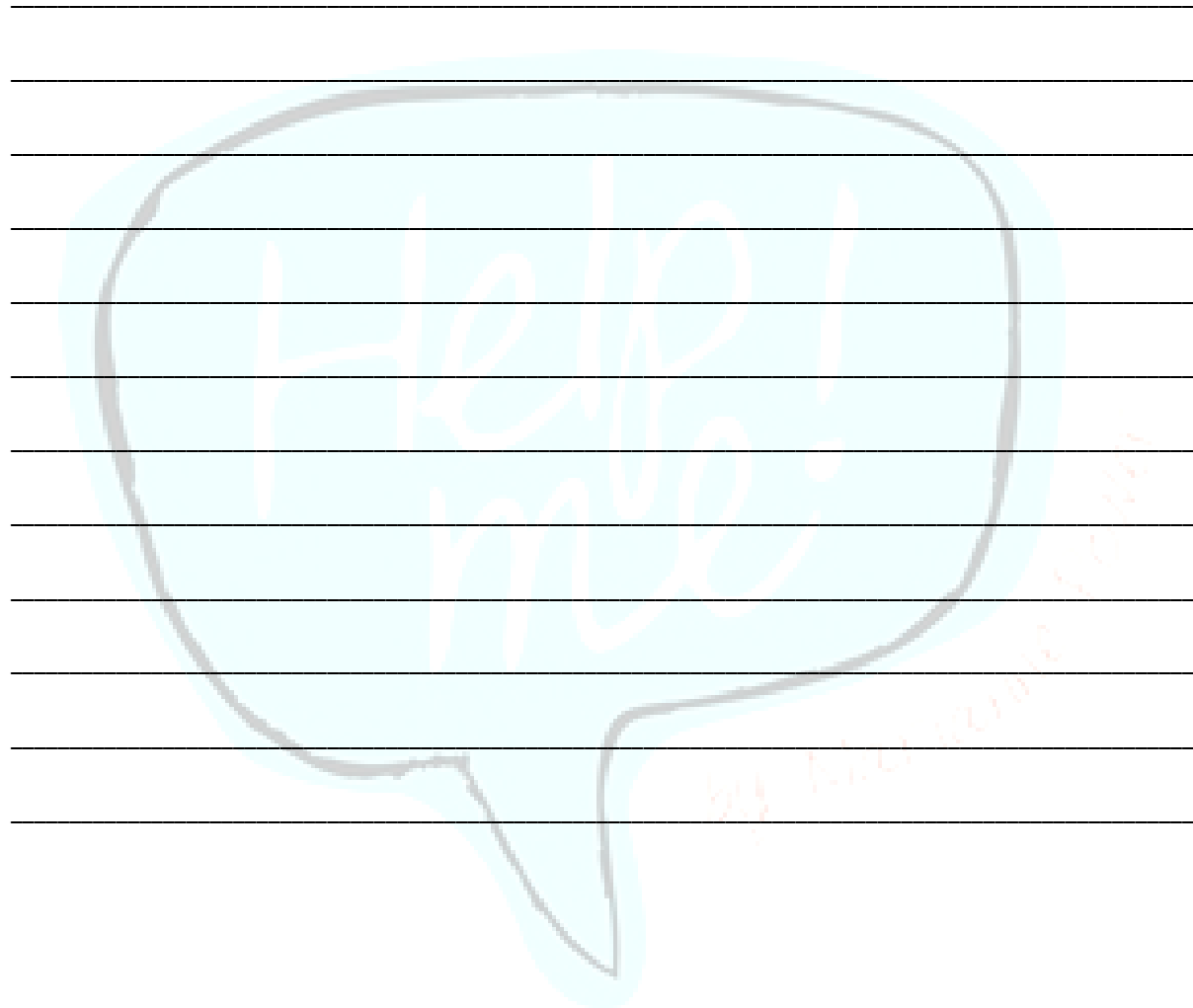
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## What are you REALLY scared of?

*So my day to day fears are being driven by bigger fears of fear of failure, fear of being judged, fear of not being good enough... Yours might be fear of being alone, or fear of death.*



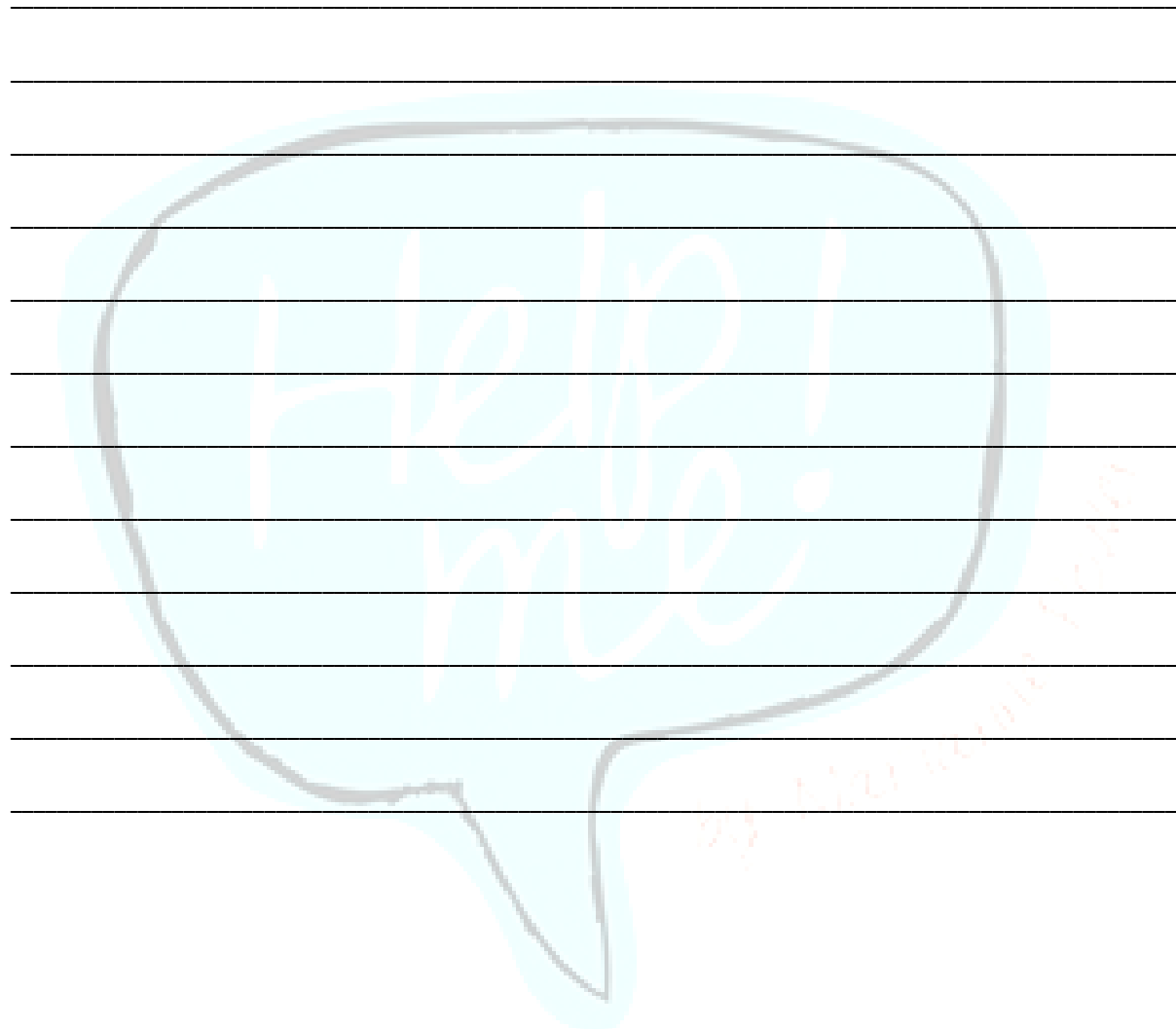
Help!  
me!

by Marianne Power



## What would you do if all your fears were taken away? How would life be different? Think REALLY REALLY BIG

*So if I didn't have the fear that I'm crap at my job, I'd write a book, which would get bought up by Hollywood, I'd live in a lovely house, and find the man of my dreams. Ha!*



Help me!

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Now it's time to take some action!

## TASK:

Pick 10 fears to face up to in January – they can be tiny or big.

*Maybe it's making a work call you've been putting off, asking somebody out...*

Remember Susan's motto, whatever happens... 'You'll handle it.'

*If the guy/girl says no, you mightn't enjoy the rejection but you'll handle it. Apply for a new job that you don't get? It's hard but you'll handle it.*

Also remember that Susan would argue that 'It's all happening perfectly.'

*So that guy wasn't really for you... and that job? You would have hated it!*

List your fears on the following page.... And check them off one at a time. Join us on Facebook to compare notes.

# Your Feel the Fear Checklist

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