

BEING FEARLESS CHEAT SHEET

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Being Fearless Cheat Sheet

Below are **7 common fears that prevent peace, fulfillment, confidence and purpose in our lives.**

Be mindful that each of these fears are driven by your mindset; a mindset that you mostly likely adopted many years ago. This mindset no longer serves you!

Make a commitment to yourself that you are no longer willing to let fear drive your behavior. Today is the day to stop playing small in any way.

Let's do this!

1. *Fear of: Not good enough:*

This is the #1 fear from my experience with everyone I have coached. Fear of not good enough has you continually chasing perfection, which is unattainable. In your past, you were told or somehow got the message that you are not good enough and you've held onto that belief. This belief is not based in reality or the truth.

Don't:

- Beat yourself up.
- Hide out.
- Hold onto your past experiences of not feeling good enough.
- Try to prove yourself to anyone.

Do:

- Stand up tall.
- Treat yourself the same way you would treat someone you highly respect and love.
- Consider your strengths and successes and use those to catapult you forward.
- Meditate regularly on self-love.
- Seek support.

2. *Rejection*

The suffering that you experience when someone rejects you is a projection of self-rejection.

Don't:

- Believe that a rejection means something is wrong with you.
- Use vengeance to numb your pain.
- Chase the person who rejected you.

Do:

- Give yourself plenty of self-care time to reflect and heal.
- Journal about the internal narrative that has you suffering. Notice that it's all made up.
- Consider when you feel rejected again, that you can have a plan to step into self-love and to make it not mean anything about you.
- Seek support.
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3. Asking for a raise:

If you believe you deserve a raise, then you most likely deserve a raise! It's up to you to get that raise.

Don't:

- Have someone else ask for you.
- Wait for the raise.
- Do it via email or text.
- Not do it

Do:

- Journal about all the ways you deserve it
 - Tell yourself that you have nothing to lose by asking
 - Choose a quality you will need to cultivate to ask. (Ex: courageous, worthy confident, etc.) and practice embodying this quality before you go to your boss.
 - Be vulnerable with your boss. Let him/her know that this is a stretch to ask and then explain all the reasons why you deserve the raise. (Make sure you have some clear data points.)
 - If it's a yes, acknowledge your boss but don't go over the top! You don't need to impress him/her with gratitude. If it's a no, don't make it mean anything about you. Start looking for a new job because there's a better one out there. If it's a maybe,
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let your boss know you will check back at a specific time. Start looking for another job.

4. *Ending a relationship:*

Ending a relationship does not mean you are a failure or a bad person. There is nothing wrong with it. In fact, it's healthy and good to end a relationship that no longer serves either of you.

Don't:

- Blame the other for not changing.
- Wait for the other to change, particularly if there is no indication that there is no investment in change.
- Procrastinate because you are waiting for the right time.
- Stay in it and have an affair to fill the void.

Do:

- Stop telling yourself that you are a bad person because you might hurt them. You are hurting them more by staying in a relationship that isn't in alignment with who you are and what you want. It's OK!
- Focus on the possibilities that you will create by moving on. Fear will tell you to stay in it because it could be worse and keep you in mediocrity. Being fearless will have you trust that you can create something better.
- Fear will tell you that you can't be alone. Being fearless will have you trust that being alone is healthy and that it will offer you space to re-group.
- Spend some time journaling about the ideal partner you desire so you can begin the process of manifesting it. It will motivate you to do what your heart yearns for.
- If you're afraid of what others will think, feel that fear. See it as an opportunity to finally do what works for YOU!
- Do it! Remember, you are doing yourself and your partner a disservice by staying in it.

5. *Not having enough:*

The reason you don't have enough is because you believe you don't have enough.

Don't:

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- Be a cheapskate.
- Believe that we are still in the depression era.
- Believe what your parents taught you about never having enough.
- Believe you don't deserve abundance.

This comes from a scarcity mindset and the longer you hold onto this mindset, the more you will live in lack.

Do:

- Start by making a list of all that you do have! From an abundance mindset, list all the blessings in your life. This is about reprogramming your mind to create new neuro-pathways so you can shift from scarcity to abundance. Refer to this list daily.
- Define what enough is for you.
- Notice all the ways you live in lack; how you deny yourself of so many things including love. This is all scarcity mindset.
- Take abundant action, such as: create a budget and stick to it, stop spending on others more than you spend on yourself, start asking for what you need from those you love, spoil yourself with everything you desire.
- Remind yourself that what you think you need is causing your suffering. If you think you need more money, you will never have enough.
- Create positive affirmations which support your abundance mindset.
- Trust the universe will support you with abundance. It already is. You just don't see it.
- Be generous. The more you give, the more you get.

6. Setting boundaries with your kids:

Parents tend to be afraid of their kids and the kids know it. You teach them how to treat you and if you are afraid you will upset them, they will forever have control over you.

Don't:

- Ask them to do something and not follow through.
- Do it for them.

Remember that you are the parent and your kids are not designed to always like you.

Do:

- Stop thinking they will never love you again.
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- Let go of any past failures around boundary setting and turn them into lessons. The reason they didn't work is because you were not consistent.
- To maintain boundaries, create structure to make sure you are implementing whatever it is you put in place. Your kids will always reflect your behavior. If you are slacking as a parent, they will slack as well.
- Focus on the bigger picture versus any potential upset you are fearing. Remember, conflict is a good thing. It means you are creating change.

7. Letting go of control:

No offense, but you are really controlling very little! Control freaks take on responsibility for others. Why? Because they don't trust the outcome and because they want the outcome to be the way THEY want it to be. Doesn't work.

Don't:

- Chase perfection.
- Try to change anyone other than yourself.
- Have unrealistic expectations.

Do:

- Make a list of all the things you are trying to control that you really have no control over. (Example: trying to change someone. The person that needs to change is you.)
- List the fear based, controlling mindset. (Ex. If I don't do it, something will go wrong. If I don't do it, it will never get done. I can't trust them to do it themselves. They won't do it the way I want them to.)
- List all the behaviors you engage in that reflect this mindset.
- Make a new list about the new behaviors you can engage in by letting go of control.
- Notify those involved that you are letting go and ask for their support in whatever way works for you.
- Let go each day! It will take practice and trust.
- Remember, control is fear based and it sends others the message that you have no confidence in them.
- Choose fearlessness, by allowing others to take responsibility, even if it doesn't look the way you want it.

Their failures are not about you.

Summary:

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The possibilities await you by taking 100% responsibility for your thoughts, words and actions. Only YOU can do it! Fear is simply an energy; one that you can take charge of. And by doing it, you will change your life for the better and all the lives around you!

Feel the fear and do it anyway!

Questions: email me at debbie@debbieleoni.com. Let me know how it goes!

