

THE IMPORTANCE OF CONQUERING YOUR FEARS

How to Bravely Banish
Fear & Anxiety

CHECKLIST

Checklist

- Take a deep breath**
 - Let the calm wash over me
 - Allow other thoughts to enter my mind and ease my fears
 - Slow my heart rate to decrease anxiety

- Find internal source of inspiration**
 - Go to my “happy place”
 - Pray
 - Recite a mantra or calming chant

- Seek knowledge to ease my anxiety**
 - Learn about the topic to discover as much as possible
 - See what was once unseen
 - Prohibit my imagination from running away with me

- My fear is too great, I need:**
 - More time
 - Help from friends and family
 - Professional help to conquer my phobia