

## **Fear Inventory**

Who are you when you are at your best self or when you are feeling connected to your higher self, the universe, god, love? E.g. Calm, Tolerant, Kind, Patient, Magnanimous. Write below:

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Now spend some time thinking about your fears.

<b>What is the fear? Who or what am I afraid of.</b>	<b>What is the old idea?</b>	<b>Manifestation of the fear</b>	<b>What is the new idea?</b>
<i>Example - I will not succeed in my job.</i>	<i>I can manage the perception of my performance.</i>	<i>People pleasing, Sacrificing others to look good, Gossiping.</i>	<i>Security comes from faith and doing the work I need to get done.</i>

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