

WHAT WOULD YOU DO IF YOU WEREN'T AFRAID?

Despite having good intentions, many people live their lives on autopilot, not fully experiencing themselves or the world around them. And while activities like yoga, exercise, and meditation may help, many find it difficult to stay focused when confronted with the challenges and demands of our fast-paced society. Take a moment to picture yourself in a calm atmosphere, free of distractions.

Then, ask yourself: *What would I do if I weren't afraid?*



USE THE FOLLOWING STEPS TO HELP IDENTIFY AND CULTIVATE YOUR DREAMS AND DESIRES:

- 1 **ACKNOWLEDGE YOUR OBSTACLES.** Is there anything in your life you know you need to confront but have been avoiding (i.e., speaking up to a boss, ending or mending a romantic relationship, losing weight)? Sometimes fear can debilitate us to the point that we get stuck in denial and make excuses.
- 2 **GIVE FEAR A SHAPE.** Ask yourself what you are most afraid of. What factors contribute to your fear, what triggers it, and what gives it power over you? Consider the ways your fears have been getting in the way of your happiness and success.
- 3 **VISUALIZE YOUR DREAM LIFE.** If not for other people's judgments and expectations, what would you be doing with your life right now? Make a list of as many things as you can think of, big or small, that you would do if you weren't afraid.
- 4 **BREAK IT DOWN.** Once you become consciously aware of what you want, you can begin to confront the areas of your life that are not in alignment with your truth. From there, create a few small, reasonable goals for yourself each week to get yourself moving in the direction you want to go.
- 5 **CELEBRATE YOUR MILESTONES.** Each time you successfully overcome a meaningful obstacle, take the time to share your accomplishment with others. Plan a small party or social outing – whatever you love doing. It's important to celebrate your wins with people you love. This will help strengthen your support network and inspire you to keep living your truth.

Remember, transitions can be challenging, but this is your life! Stay committed to the process of self-discovery and be open to exploring your passions in healthy, honest ways. Once you begin to see fear as an opportunity rather than a hindrance, you'll create fewer limitations for yourself, and the Universe will guide and support you along the way!