

CAREER

REINVENTION

BOOTCAMP

Module 4:
How to Get Past
Your Fears

Workbook

MODULE 4 WORKSHEETS

HOW TO GET PAST YOUR FEARS

EXERCISE 1: Identify your fears

List some fears you have about reinventing your career:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

From the list above, define which fears are functional and which are false and answer the following question:

- ✓ *What can I do to solve my functional fears? And how can I release my false fears?*

Ten Tactics for Overcoming Fears:

1. **Awareness:** Identify when it is a false fear that appears real.
2. **Redirect:** Change your focus to another activity; distract yourself.
3. **Back-talk:** Acknowledge the fear but “talk back” to it (tell it that it can’t stop you, etc.). This is a way of asserting your power over fear.
4. **Sharing & Support:** Talk to someone (i.e. friends, therapists, coaches) who’s been through what you’re facing or who can act as a sounding board for you.
5. **Action:** Feeling fear doesn’t have to stop you from taking action. As the book says “feel the fear and do it anyway”!
6. **Memory:** Survey your past and make a list of times when you’ve succeeded despite having fears. This can help you understand that even though an action seems scary, you will survive (and probably thrive!)
7. **Reduce it:** Break the task you fear into smaller, more manageable steps. This can make your fear seem less overwhelming.
8. **Identify the signifier:** Go deeper into your fear, and identify what value you think is being threatened. You can then objectively analyze ways to address that.
9. **Set a goal to overcome your fear:** Using sheer willpower can be an effective way to get yourself going.
10. **Ask yourself the Core Questions:** Use these questions to help you get perspective on your fears, which is the first step in overcoming them:
 - Is it in my best interest to stay safe in this situation?
 - Do I need a boundary here, or do I need to expand?
 - What’s the worst thing that could happen? If that happened, could I overcome it?

EXERCISE 2: Give up excuse-making & complaining

Identify the excuses and complaints that you must give up in order to move forward in your reinvention by answering the following questions:

- ✓ *What excuses do I make for why I can't move forward with my reinvention?
What steps can I take today to solve these issues?*

- ✓ *What things am I complaining about? In thinking about these complaints, in what way do they indicate that I need to make a change that I'm afraid to make?*
