

Julie Doherty – Health Transformation

Brilliant Mind

Worksheet for Identifying your Greatest Fear



What is the negative effect or outcome if I continue with this negative thinking or habit? Then elaborate with the support technique in the questions.

What pre-programmed message/s do I want to change and struggle with? [Examples – Fear of failure: Fear of success: Childhood experiences that were not kind or friendly, past pain, trauma: Relationship dramas]

How is this pre-programmed subconscious message/s holding me back? [Examples: You feel blocked unable to start a project that you feel passionate about: You have deep feelings for someone but are afraid to tell them, through fear of being hurt]

What do I want to attract in my life? [How do you want things to be different? How do you want to feel? What do you want to achieve or accomplish] What do you need to visualize and affirm for this to happen?

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How and where do I spend most of my time? [Is conducive with what I am wanting to attract or achieve to build success in all aspects of my life?]

Who are the people I spend this most time with? [Are they supportive of my goals and dreams? Do they live positive, constructive lives?] What can I do to change this and embrace the people who are supportive of me?]

Are you too caught up in the – “What should BE’s”: “What could BE’s” not spending enough time enjoying Where you ARE! A huge lesson I have learnt throughout my life is that if you do not develop a sense of peace, balance, and gratitude about where I am in the present, this can be a HUGE BLOCKAGE to moving forward with your future. What are you GRATEFUL for RIGHT NOW?

Are you keeping it SIMPLE? Simplicity is the Key to Great success! Keeping things simple is the way to any form of success. Your brain will attempt to exaggerate, expand on, often making things seem worse or bigger than what they are. Nature is a great way of keeping things simple or another way of explaining this is - Keeping things in Perspective.



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Keep revisiting and revising your Core Desires, your Core Values and Dreams not to compare with anyone else's. [Stay True to your Feelings of Happiness each day]

Before you Go to Bed Each Night Embrace & Repeat your New

Sleep Tight Knowing that you will Think and Feel Better Tomorrow

