



1. Identify your Fear: Step out of your thoughts and your feelings for the moment. Acknowledge your greatest core desire/s and what is the first fear that comes to your mind “RIGHT NOW!”

What Feeling does this Fear uncover within you? Use your own words to describe your feelings.

Here are some examples:

Overwhelm, teariness , anxiety, crying

Procrastination – you just keep putting off what you must do

Being Perfect – Self-doubt

You’re not good enough – Lack of self-confidence, feeling unworthy

Lack of knowledge

Depressed and lacking energy

Negative self-talk, guilt

Powerless - lack of belief in yourself

Not all fears are negative they can be used as fuel to develop your motivation and determination. ***An example:*** I used to smoke cigarettes a fear that supported me giving up this negative habit was that I didn’t want to get “Sick” or worse still “Cancer”. So, I used this fear as my fuel – the motivation and determination to become a non-smoker.

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Worksheet for Identifying your Greatest Fear

3. Embracing your Thoughts and Feelings that have been aroused!

Fear brings out thoughts and feelings as you have just identified. Now it is learning to embrace those thoughts and feelings into areas of motivation and determination for positive change that meets with your Core desires and Dreams.

As I have shared with you about the Fear of becoming like my mother in early adult life, that brought about feelings for me of Unworthiness, Guilt [was I being disrespectful of my mother?] Anxiety and Doubt– did I have it in me to make the necessary changes.

On recognizing these then going back to my Core Desires of wanting to contribute, be educated, be a working member of the community and to be an example to my family. This gave me the motivation to rise above my feelings to embrace the Fear and as they say, **“Feel the Fear and Do it Anyway”!** The determination. Each area of your life that you don’t know about brings into play feelings of fear and anxiety. The key here lies in learning about what you don’t know. To become a healthier, happier, and more vital you.

What actions and activities are you going to Embrace these Feelings that align with Building your Core Desires and Dreams?

Worksheet for Identifying your Greatest Fear

4. Make a List of What you will Miss out on

If you don't Identify and Overcome your Greatest Fears.

Some examples: might be your connection with people [this would have been a prominent one for me], Loving and being loved, the ability to achieve something that you never thought possible.

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Worksheet for Identifying your Greatest Fear

5. Action Steps: Now to look at some of the actions, activities and changes you can put into place to Overcome these feelings and your fears. Is Always the best medicine for “Fear, Anxiety, Depression” is TAKING POSITIVE ACTION!

Always to Remember –

“Small Steps are what Lead to Amazing and Positive Changes”

Next, I am going to share with you – THE KEYS TO HOW CHANGING YOUR PERCEPTION WILL HELP YOU IN OVERCOMING YOUR FEARS.

Empowering you with believing in your ability to make Positive Changes and Staying on the Path even through adversity.

In the meantime, review these steps, it is with continual review and implementation that this will become second nature to you. You are building positive habits.

“Keep up the Great Work”