

Have the Courage of a Lion



Identify Your Fears!

Write down the things you are afraid of.

Embrace Your Fear!

Pick one of your fears and say it out loud. Shout it out loud.

Assess Your Fear

On a scale from 1 to 10 how afraid are you of that fear?

1

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10

How can you overcome it?

Talk about your fear with someone.

When afraid try think about something that makes you happy.

Overcome it gradually (if you are afraid of heights start at a height you are comfortable with and slowly go higher).