



# HOW TO CONQUER YOUR FEARS

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## STEP 1: WHAT IS TRIGGERING MY FEAR?

In one sentence, describe what's upsetting you.

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## STEP 2: WHAT ELSE IS IN THE WAY?

What other experiences are linked to this one?

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## STEP 3: WHAT'S THE OTHER POINT OF VIEW?

If you're fearful, chances are someone else is as well.

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## STEP 4: HOW DO I SHARE MY FEARS?

Identify the healthy and unhealthy ways you could share your fear.

Healthy

Unhealthy

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## STEP 5: HOW DO I PUT THIS INTO ACTION?

Put together an action plan to share your fears in a healthy way.

I will...

by (due date)...

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**START SMALL.** The little things make a difference - just taking the step of filling this worksheet out will help. If you get lost, let's just talk about it.

