



## Pillar 3, Week 1

### The Simple Transforming Fear Sequence

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1. Complete this sentence starter: 'If I was the bravest version of myself, I would...'  
(STEP BACK)
2. "What's stopping you from doing that now?"  
(STEP BACK)
3. "What good thing might get to happen if you did let go of \_\_\_\_\_ that wouldn't happen if you stayed where you are?"  
(LET GO)
4. "And who else in your world might benefit?"  
(LET GO)
5. "What would be the best part of that?"  
(SAY YES TO SELF)
6. "Based on these insights, what decision would you like to make about this?"  
(TAKE EMPOWERED ACTION)
7. "What support do you need in order to make doing \_\_\_\_\_ inevitable?"  
(SET UP ACCOUNTABILITY)

