

Chapter 4 : “Fear to Fierce”



Step 1: Name Your Fear

Grab a notebook or piece of paper and write down a specific fear that's been holding you back. Be as detailed as possible. What's the worst-case scenario? Why is this fear keeping you from moving forward?



Step 2: Visualize Your Success

Close your eyes, take a deep breath, and imagine yourself taking action despite the fear. See yourself succeeding—whether it's in your business, relationship, or personal life. How does it feel to overcome that fear and move forward? Hold onto that feeling for at least 2 minutes.



Step 3: Take One Small Step Forward

Write down one small action you can take today that moves you toward your goal, even if the fear is still present. The key here is not to wait for the fear to disappear but to move forward anyway. Each small action builds momentum and weakens fear's hold over you.



Step 4: Anchor Your Fierce Energy

Choose a word or physical gesture (like tapping your wrist or placing a hand on your heart) to use whenever fear tries to creep back in. This anchor will remind you of the confident, successful version of yourself that you visualized. Use it whenever fear starts to rise.