

FIVE TRUTHS ABOUT FEAR

from

Susan Jeffers' "Feel the Fear and Do It Anyway"



1. The fear will never go away as long as I continue to grow.



2. The only way to get rid of the fear of doing something is to go out...and do it.



3. The only way to feel better about myself is to go out...and do it.



4. Not only am I going to experience fear whenever I am on unfamiliar territory, but so is everybody else.



5. Pushing through fear is less frightening than living with the underlying fear that comes from a feeling of helplessness.



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Look after your mind and
your body will look after
itself

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