



Your Fear Will Guide You

Yo, what's up all you out there in the Live Amplified Community. As David and I talked about in our interview, ain't nothing gonna change in your life if you don't take action. So the team here at Why Not Live an Awesome Life has put together a workbook to help you do that. Let's dig in!

Bottom line: we all have fear. We all want to beat our fears.

So why do so few people do it?

Because our game plan for dealing with fear doesn't work! We stress, we worry, we panic, we over analyze... That doesn't work.

This workbook will guide you through a process so you can use your fears to guide you in your journey to build a business.

Letting Your Fear Guide You

1. If you knew you could not fail or be judged what would you do?

2. When you hear the word 'fear' what thoughts come to mind? Images? Stories? Past experiences?

Why not live an awesome life?

3. What scares you? Why does it scare you?

4. What would it look like for you to face that fear (from question 3) and beat it?

5. What 1 action can you take today to start beating this fear?

