



Hello Fear, Meet Courage!

Worksheet

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1. Follow the prompts below.
2. As you answer each statement, honor and acknowledge yourself in that moment and then work to find the courage to take action.

What is your Fear?

What is my greatest worry/concern?

Is it True? Y/N?

Is there evidence or proof it will happen?

What is worth fighting for?

What desire greater than my fear?

The Courage Needed?

What action can I take starting now?

What will happen if I do take action?

What will happen if I don't take action?

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