

# DAY 10



FEAR IS A STATE OF THINKING WHEREBY WE ARE NOT IN THE PRESENT MOMENT. WE'RE EITHER OVERTHINKING A MOMENT TO COME OR CATASTROPHISING ABOUT PERCEIVED FUTURE PROBLEMS. THESE FEARS PLAY OVER AND OVER IN OUR MINDS, AND BEGIN TO CREATE OUR PERCEPTION OF REALITY. THESE WORRIES KEEP US FROM MOVING FORWARD AND BEING HAPPY. FEAR OF SOMETHING NOT WORKING OUT, A FEAR OF SOMEONE LEAVING OR FEAR OF BEING IN A PAINFUL SITUATION ALL DEplete OUR ENERGY AND OUR ABILITY TO SEE LIFE CLEARLY.

## ACTION: BREAK DOWN YOUR FEARS

TO ENSURE WE AREN'T GIVING TOO MUCH OF OUR PRECIOUS ATTENTION TO OUR FEARS, LET'S BREAK A FEW OF THEM DOWN BELOW SO YOU CAN CATCH YOURSELF AND MOVE BEYOND THEM WITH POSITIVITY.

1. LIST OUT ALL YOUR FEARS OR WORRIES PRESENT IN YOUR LIFE.
2. DETERMINE THE BEST AND THE WORST CASE SCENARIO FOR EACH FEAR.
3. LET THE OUTCOME GO, AND TRUST THAT THE UNIVERSE HAS YOUR BACK.
4. BRING BACK THE POSITIVITY BY JOURNALLING OR CREATING A MANIFESTATION FOR YOUR DESIRED OUTCOME.