FINDING YOUR PURPOSE

FEAR: FACE IT

STEP 1: This may be the scariest thing you have ever done. In the column below, make a list of things that you're afraid of, excuses you are making, or things that are holding you back.

STEP 2: Take a moment to reflect on each fear. What is untrue, unrealistic, unreasonable, illogical about that fear? How is it a lie? What's the worst thing that could REALLY happen?