

# OVERCOME FEAR

## Is fear holding you back?

Follow these steps to reduce your fears so you can live your life the way you want.

### ANALYSE AND EXPLORE YOUR FEAR

What are you frightened of and why? What's the likelihood of it happening? What can you do to reduce the problem/fear? See how much you really need to worry about.

### LOOK AT THE POSITIVES

What do you stand to gain? How will it benefit you, your family and others around you? Picture yourself being successful – how does it feel? Hold onto that feeling and let it grow.

### HAVE FAITH IN YOURSELF

Believe in yourself and your capabilities. Celebrate your achievements. Understand how your skills and experience can help you and become your best ally .

### YOU'VE SURVIVED EVERYTHING LIFE HAS THROWN AT YOU

The bad times and challenges prove how resilient and resourceful you can be. You've survived them so you can overcome this too.

*Be Your Best Version*