

**FEARLESS:**  
**an original workbook for**  
**inspiring change**

By Lisa H.  
Getting to Zen

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An original workbook for inspiring change

## Why you should change

People say they want to change all the time, but do they really want to change. I mean think about it. They say that they want to be better organized, start an exercise program, have better relationships, and do absolutely nothing about it; sometimes, they say it with such conviction, you believe them, and a month later, they are doing exactly the same things in exactly the same way and the only thing that has changed is the season.

Making changes is often much easier said than done. After all, it only takes a few seconds to say “*I want to start an exercise program*” but can take days, months and if you are really unmotivated, years to bring it to fruition.

If you want to achieve change in your life, and reach your goals, it is going to require effort on your part.

*“You might be asking, why you should change, well, if you are happy with all areas of your life (physical, emotional, mental, spiritual, relationships, organization, productivity, etc...), then you shouldn’t, however, if you would like better in one or more of these areas, then change is a good thing.”*

So, let’s look at some of the reasons why people don’t change.

## The big unknown

A lot of people are afraid to make changes because they don’t know how the change will affect them and the lives of those around them.

I met a woman at a workshop once who said she had the gift of gab. She would talk to anyone who would listen. She was extremely friendly and polite; however, she was right; she talked all the time and her lack of listening was getting in the way of her forming close relationships.

Now, let’s say she decided to listen and be more interested in what others had to say. This would be a major identity shift for her. Not only would she no longer be able to identify herself as a gabber, she would be opening herself to the possibility of close relationships, which may be scary for her.

So rather than risking a new identity, or have people treat her differently because she was now a listener, she was choosing to stick to being a gabber.

Another example is quick weight loss. I have heard a lot of contestants on The Biggest Loser struggle with their identity after reaching their goal weight. They no

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longer know who they are and how to relate to themselves and the world. Sometimes the unknown is so great they put the weight back on. That is why that show offers counseling sessions, along with the physical workouts. As it turns out, it is easier to lose the weight than the psychological identity the weight created.

There are risks inherent in everything you do—you could slip while getting into the bathtub, twist your ankle while walking to the car or throw your back out while putting on your sock and shoes, but you wouldn't decide not to take a bath, put your shoes and socks on or leave house. In fact, you probably don't ever think about those things as risky.

So, as a tip for dealing with the unknown, I'll share with you one of my favorite quotes by John Burroughs—"leap and the net will appear."

### People pleasing

Many people are afraid to change their behaviors, beliefs, and thought patterns, because they are afraid they will lose friends. Not everyone is going to be happy for you when you loose weight, stop drinking, stop smoking, begin exercising, start meditating, go back to school, or whatever you choose.

In fact, [no one may be happy for you](#); however, your job is to be true to you and that may mean saying 'no' to things and people you used to say 'yes' to.

There's no other way to put it than you've got to say "no."

If saying "no" is new to you, start by turning down small requests, gradually moving up to larger ones. Sometimes our friends can make the journey with us as we change and sometimes they can't or don't want to—and that is ok.

*"During my journey to self improvement, I lost many friends along the way. It was all worth it, especially when I look at the kinds of friends I have gained"*

### Its too hard

As said by Mary Kay Ash, there are three types of people in this world: those who make things happen, those who watch things happen and those who wonder what happened. I have made things happened, watched things happened and wondered what happened. My advice to you is not to be one of those people who wondered what happened.

I have a friend who has been teaching at the local high school for the past 8 years. He is also a paid assistant on the swimming team. Day in and day out, year after year, he quietly performs his teacher and swimming duties. Today he was telling

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me about this other teacher, John, who in one year, managed to not only become a paid assistant on the swimming team in the events that my friend previously had, but a leader at the school and a favorite of the administration.

My friend was completely baffled by this. He had been there for 8 years and wondered how someone could have such an impact in such a short time. He said to me “I just don’t know what draws people to him.” When he said that, a couple of things occurred to me: One, it is not the amount of time that you are at a job that matters, what matters it is what you do with that time. And two, it may not be that people were drawn to him as much as it was what he has asked for and acted on.

The point here is don’t be someone who wondered what happened. There are no secrets, no magic. It is about taking action—finding out exactly what you want to do and then setting yourself on the path to do it.

### I don’t deserve better

Some people don’t change because they don’t feel like they deserve better; whether it be a better job, a better quality of life, a better relationship. They may intellectually know they deserve better and at the same time not **feel** that way.

I have always considered myself as having a success oriented mindset; however this blogging experience has shown me several times I have had the opposite. So what is a mindset? A **mind-set is your predominant state of mind day to day. It is the things you think about; it is what you focus on, and what you expect from your daily experiences.**

For example, if you think negatively, expect the worst to happen, or feel pessimistic about your options then that is exactly what you will draw into your life. On the other hand, if you think positively, expect the best and focus on a successful outcome, you will draw that into your life.

If you want better, you must believe you deserve it.

### What’s next

The below exercises are designed to help you get out of your way create the life you want.

**Important:** Don’t check your feelings at the door.

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Thank you  
*Lisa H.*  
<http://gettingtozen.com/>

Ok, on to the exercises.....

Although these exercises are designed for five fears, it is not necessary to complete them all. If you have more than five, just add them on the blank page at the end of the workbook.

**Note:** if needed, you can use the list of feelings in Appendix 1 to complete the exercises.

## Exercise 1 - Identifying your fears

In this exercise you are going to get to the core of what you are afraid of. You get to the core of what you are afraid of by asking a series of “whys.” For example, I am afraid of skydiving; but that is not what I am really afraid of. What I am really afraid of is dying with regret.

*Example: I am afraid of failing.*

*Example: I am afraid of disappointing others.*

*Example: I am afraid of rejection.*

- |                             | # |
|-----------------------------|---|
| 1. I am afraid of:<br>_____ |   |
| 2. I am afraid of:<br>_____ |   |
| 3. I am afraid of:<br>_____ |   |
| 4. I am afraid of:<br>_____ |   |
| 5. I am afraid of:<br>_____ |   |

After you’ve identified your fears, go back and number them from the most scariest to the least scariest. For example if out of all of the fears I listed I was most afraid of disappointing others, I would put the number 1 next to that one and so on. This will give you an idea of how your fears rank up.

## 2. How are your fears holding you back

This exercise explores how your fears hold you back from creating the life you desire. Take as much time as you need, after answering each question.

*Example: Because I am afraid of being rejected, I won’t allow myself to completely plug into a relationship with someone who truly cares about me, and it makes me feel lonely.*

1. Because I am afraid of \_\_\_\_\_ (fear #1)  
I won’t \_\_\_\_\_,  
and it makes me feel \_\_\_\_\_.

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2. Because I am afraid of \_\_\_\_\_ (fear #2)  
I won't \_\_\_\_\_,  
and it makes me feel \_\_\_\_\_.
3. Because I am afraid of \_\_\_\_\_ (fear #3)  
I won't \_\_\_\_\_,  
and it makes me feel \_\_\_\_\_.
4. Because I am afraid of \_\_\_\_\_ (fear #4)  
I won't \_\_\_\_\_,  
and it makes me feel \_\_\_\_\_.
5. Because I am afraid of \_\_\_\_\_ (fear #5)  
I won't \_\_\_\_\_,  
and it makes me feel \_\_\_\_\_.

After you have completed this exercise, go back and read each one of your answers slowly, out loud, and with feeling.

## 3. Overcoming your fears

In this exercise you are going to explore how to overcome your fears and how will you feel when you do.

*Example: I am going to risk rejection to overcome my fear of plugging into a relationship with someone who cares about me and it will make me connected.*

1. I am going to \_\_\_\_\_ to overcome \_\_\_\_\_, (fear #1)  
and it will make me feel \_\_\_\_\_.
2. I am going to \_\_\_\_\_ to overcome \_\_\_\_\_, (fear #2)  
and it will make me feel \_\_\_\_\_.
3. I am going to \_\_\_\_\_ to overcome \_\_\_\_\_, (fear #3)  
and it will make me feel \_\_\_\_\_.
4. I am going to \_\_\_\_\_ to overcome \_\_\_\_\_, (fear #4)  
and it will make me feel \_\_\_\_\_.

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5. I am going to \_\_\_\_\_ to overcome \_\_\_\_\_, (fear #5)  
and it will make me feel \_\_\_\_\_.

You may have noticed your spirits lift while completing the last exercise. You are well on your way to overcoming your fears.

The last step is to take the actions you listed in the above exercise. And for this, I will leave you with one of my favorite quotes by Bill Cosby: “decide you want it more than you are afraid of it.”

*Be fearless!*

*Lisa H.*



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## Notes

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## Appendix 1.

### List of feelings

Angry	Distracted	Neglected	Touchy
Apathetic	Distrustful	Optimistic	Trusting
Appreciated	Distressed	Neglected	Trustworthy
Ashamed	Dominated	Optimistic	Ugly
Attractive	Eager	Out of control	Uptight
Awkward	Ecstatic	Paranoid	Unaccepted
Beaten	Embarrassed	Peaceful	Unappreciated
Beautiful	Encouraged	Persecuted	Uncertain
Betrayed	Energetic	Pessimistic	Understanding
Bewildered	Envious Excited	Phony	Understood
Bored	Failure	Pleased	Unloved
Brave	Fearful	Possessive	Unworthy
Calm	Friendly	Pressured	Vindictive
Cared for	Grateful	Proud	Violent
Cautious	Grudge	Rejected	Weary
Cheated	Guilty	Reliable	Weepy
Closed	Happy	Repulsed	Winner
Comfortable	Inadequate	Respected	Wishy-washy
Compassionate	Incompetent	Restrained	Withdrawn
Competent	In control	Sad	Worn down
Concerned	Indecisive	Safe	Worthy
Confident	Indifferent	Secure	Zealous
Confused	Inferior	Serene	
Connected	Inhibited	Shocked	
Contented	Insecure	Shy	
Controlled	Insignificant	Sick	
Cowardly	Insincere	Silly	
Cruel	Intelligent Invisible	Sincere	
Curious	Isolated	Sinful	
Courageous	Jealous	Sluggish	
Defeated	Joy	Soft Sorry	
Defensive	Judgmental	Stressed	
Depressed	Kind	Stubborn	
Deprived	Liberated	Stupid	
Deserving	Lonely	Sunshiny	
Punished	Loser	Superior	
Desperate	Loyal	Supported	
Determined	Lucky	Suspicious	
Disappointed	Manipulative	Sympathetic	
Disconnected	Melancholy	Terrified	
Dishonored	Misunderstood	Thankful	
Disrespected	Nasty	Threatened	
Distant	Needy	Torn	