

# Faith over Fear

*At the beginning of this course...*

We talked about a few factors that may have been holding you back as it pertains to achieving certain things in your life. I want to make sure that we address each one of those anxieties or fears. Take some time to get in touch with those hinderances. But, we're not only going to identify them, we're going to address them with action and faith. Sometimes, we have to listen to our fears to overcome them. On the left, write out a fear, hinderance, or anxiety you might have about launching your business and on the right, write how you'd address it with faith and action. If you don't know how you could address it, no worries! We will cover them all in our next session together.

Example: Fear - I'm always afraid of forgetting what I'm going to say next in a speech or presentation. How will I remember? Faith - I can prepare my talk with bullet points so I will have prompts. Fear - What if I don't meet my income goals? Faith - I will look at other ways to share my product or service and work with my coach(es) to change my strategy.

*Fears (Hinderances/Anxieties,  
etc.)*

*Faith*