

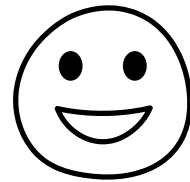
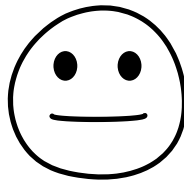
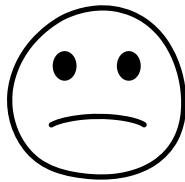
Let GO of FEAR

FEAR REFLECTION

My Goal is:

But I FEAR that:

How does my FEAR make me feel



What actions have you not taken to achieve your goal due to fear?

What evidence do you have that your fears are real, and why?

Let **LOVE** IN!

LOVE REFLECTION

I am worth accomplishing my goal because:

If I allowed LOVE IN, what actions would I have the **COURAGE** to take?

My fears are not true because:

What did you learn from doing this Fear and Love reflection exercise?

I AM FEARLESS BECAUSE:

PRACTICE USING THIS TREE TO HELP YOU GROW YOUR COURAGE TO LET GO OF FEAR AND LET LOVE IN:

1. FILL IN THE EMPTY BOXES WITH WORDS THAT WILL REMIND YOU WHY YOU ARE A COURAGOUS PERSON.
2. PLACE SOMEWHERE IN YOUR BEDROOM, BATHROOM MIRROR OR HOME THAT IS EASY TO SEE.
3. AS SOON AS YOU EXPERIENCE THOUGHTS OF FEAR IN YOUR HEAD, READ THE WORDS IN THE WHITE BOXES TO YOURSELF OUT LOUD!
4. REPEAT UNTIL THE THOUGHTS OF FEAR GO AWAY!



Let Go and Let Love