



A 5 MINUTE
PROCESS TO
DEFUSE YOUR
FEARS & BOOST
YOUR CONFIDENCE



ABOUT THE AUTHOR

Kaye is an entrepreneur, international best-selling author, speaker, facilitator, Women's Shamanic Leadership Life Coach and creator of Inner Expressions; helping women realize their leadership from within. An unshakeable optimist, she lives with a foot in both worlds – physical and spiritual, working with her unique blend of gifts in connection, knowing, shamanic energy sound healing and accredited master life coaching. She empowers women with self-worth and the ability to create change. Supporting them to feel and know their inner power moving them beyond their comfort zone and back into the driver's seat of their life.

KAYE DORAN

LET'S START HERE!

FEAR IS A SIGN POST. A FRIEND TELLING YOU THAT YOU ARE HEADING IN THE RIGHT DIRECTION.



WHY DOES FEAR SHOW UP?

Fear shows up when you are being called to grow. Fear is saying that you are heading in the right direction, you are simply being called to stretch yourself, let go of old stories, beliefs and behaviors and up level yourself and your life. If you attempt to suppress your fears, like a tantrum throwing child it will get louder and louder. Fear requires that you hear it, validate it and accept its existence. Suppression of your fears creates a regression and can sabotage you from reaching your aspirations. The understanding of your fears empowers you to overcome. Let's get started on defusing your fears and boosting your confidence.

YOU CAN WRITE OR SPEAK THIS PROCESS

If you speak this process to someone you must set the scene, they are not to respond or try to fix, they are merely a set of eyes for you to look into. They can say "thank you for sharing" and nothing more.

OPENING STATEMENT

THESE ARE MY FEARS
THEY ARE NOT MY TRUTH.

Now you write down or speak all your fears and do not stop until you have no more. You may be surprised at what comes up.

SECOND STATEMENT

THESE WERE MY FEARS
THEY ARE NO LONGER MY TRUTH.

Now write down or speak the opposite of your fears. All the positive and successful outcomes you are creating and aspiring to.



FINISHING STATEMENT

THESE ARE MY TRUTH.

Do not underestimate this powerful process due to its simplicity. Just like typing an email and pressing send, there is a lot more going on in the background that you cannot see. It requires way more energy to suppress your fears than it does to face them.



WANT TO KNOW MORE?

Understanding your fears and how to defuse them is one process towards change and achieving the outcomes you aspire too. If you want to know more about the landscape and be handed the map to achieving your successful outcomes and feeling in the drivers seat of your life. Reach out and let's have a conversation via a discovery call

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