

8 Steps to Courage

1. **Identify 1-3 areas in which fear -- or anxiety -- are holding you back.** Be specific. Write them down in order of how problematic or troubling they are for you.
2. **Write down all the ways the #1 item on your list is holding you back.** How is this fear making you or your life smaller, less happy, less relaxed, or less fulfilled in some way? How are you stuck?
3. **Write down all the ways you and your life will be better when you conquer this fear.** How will you be happier, more fulfilled, more abundant, bigger, and more authentic when you conquer this fear?
4. **Identify the heart of the fear.** What is the story you're telling yourself? "If I _____, then _____" or "If I don't _____, then _____." Try journaling, doing a free write, daydreaming, brainstorming, creating art, or talking to a trusted friend, coach, or therapist.
5. **Determine whether or not your fear is reasonable.** How much of your story is true? Not all fears are unreasonable -- fears help keep us safe, physically and emotionally. But is the heart of this fear true? Exaggerated? Based on assumptions or beliefs that may be faulty or not serving you (anymore)?
6. **Name 1-3 actions you can -- will -- take to challenge, move through, or desensitize yourself to your fear.** Ensure these are concrete, specific actions. Give yourself realistic and kind deadlines for doing these actions. Read [six ways to loosen the grip of fear](#) for more ideas!
7. **Choose 3 trusted, enthusiastic, available allies.** Let them know what you're up to. Tell them your change goal, your motivation for the change, and your plan. Ask them to cheer you on and hold you accountable to action. Let them know how else they can help. Give them the gift of being generous with you!
8. **Celebrate your success!** Do so quietly, or loudly, or with some special treat to yourself -- whatever works for you! But make it pleasurable and joyful!

Rinse. Repeat. Celebrate!

Let's talk about how to set you up for success! susana@susanarinderle.com