



Title of Exercise: Overcoming Fear!

Target: Open to any age group

Purpose and Background:

This exercise is meant to help you understand that you can ELIMINATE FEAR by simply making the decision to BE GREAT! Throughout these exercises you'll learn the importance of GRATITUDE and FAITH.

Objectives:

- Learning to speak life over yourself
- Learning to be patient and focused in the space you're currently in
- Learning to appreciate your journey
- Learning to access GRATITUDE and restore your FAITH

Resource: Level 27 Life Coaching & Advising

Facilitator: Katrina Williams (Coach K)

Overcoming Fear

This week I listened to a number of podcast episodes featuring Oprah Winfrey, Brooke Castillo, Tony Robbins, and Joel Olsten. Throughout each podcast I discovered that each individual had something in common! They were all fearless in their approach toward LIVING LIFE. They all understood that life is so much greater when you slow down and appreciate the beauty of the unknown. I felt that it was important to share some of the concepts I learned from these amazing people. I also thought it'd be important to share some of the concepts I've personally used throughout my life.

Exercise #1: Establishing Appreciation & Gratitude

As we travel throughout life we are continuously reminded of the things we don't have. Every second someone is posting about the great experiences they're having instead of actually LIVING in that GREAT MOMENT! We get so blinded by the perception everyone is trying to portray that we aren't able to tell what's real what's fake anymore. We fall into the trap of feeling sorry for ourselves because everyone is "DOING IT FOR THE GRAM" and we're stuck in our lame existence! We forget about what's truly important because we aren't living "THAT LIFE" so we take LIFE for granted! In order to get on track and stay focused you have to ESTABLISH APPRECIATION & GRATITUDE for the things you have and be content in your position. Here are a few tips on how to reestablish your appreciation & gratitude.

Appreciation & Gratitude:

"Appreciate everything and get out of yourself." -Tony Robins

Exercise #1: 10 minutes of daily PRIMING!

Let go of expectation and trade it in for appreciation. Everyday take 10 minutes (preferably in the morning) to Prime.

Rules:

1. Find a quiet place where you can be one with your thoughts. Place your hand over your heart, breath deep breaths, and feel the vibrations of your heartbeat. Ask yourself: how do I love more? What am I grateful for?
2. For 3 minutes think of 3 moments in your life when you felt grateful. As you think of each the experiences continue to feel your heartbeat and vibe.
3. For the next 3 minutes focus on the outcomes you want to accomplish in (6-12 months).
4. Ask yourself: What do I need to remember? What do I need to know? What do I need to focus on? What do I need to believe?

Exercise 2: Declare that I AM.....

It's important to know how to declare whom and what you are! A lot of times FEAR is created because of the negative self-talk we allow ourselves to hear! We run from our calling because we are afraid. We get so caught up in what fear is telling us we aren't and what we can't do. Sometimes you have to remind yourself, "WHO YOU ARE!"

Declaring Who YOU Are!:

"You talk yourself into your dreams or out of your dreams!" –Joel Olsten

Exercise #3: DECLARE WHO YOU ARE!

We fill our heads with so much negativity and self-doubt. It's important that we realize who we are and never forget the power GOD has given us. God didn't give us a spirit of fear but of love, power, and self-discipline.

Rules:

1. Everyday Speak Life into yourself. Say..... I AM- Happy. I AM- LOVED. I AM- FOUCESED. Take 5 minutes every morning and scream out loud all of your gifts. Example: I Am- Smart! Yell out scriptures declaring your greatness.
2. Create a DAILY QUOTE TO CHANT every morning!

3. Stop talking yourself out of taking on the challenge! Your lesson is built into the challenge so you have to attack your issues headfirst.
4. Focus on what you do well and take a leap of FAITH.

TIPS:

- ✓ LET GO OF OTHER PEOPLES EXPECTATIONS
- ✓ MAKE GOOD CHOICES
- ✓ DEVELOP YOUR GIFTS
- ✓ BE CONTENT IN YOUR JOURNEY
- ✓ BE FOCUSED ON THE JOURNEY
- ✓ ENJOY YOUR PROCESS

Exercise #3: GIVE MORE

This process is a lot easier when you GIVE MORE and POUR INTO OTHERS. Live to make other people's day. No explanation needed! You feel so much better when you share yourself with others. Take the time to be a BLESSING!

Exercise 4: Make the DECISION!

You created this situation in your life so you have the power to change your situation. You have the power to shift your atmosphere. You have the power to destroy the FEAR you CREATED!!!

MAKE THE DECISION:

"YOU created that fear so YOU CAN DESTROY IT! Tell that FEAR TO GET OUT AND DON'T COMEBACK!" –COACH K

Exercise #4:

Create an quote or word that has the ability to give you and instant vision of gratitude.

Rules:

1. Write down the top 10 things you're grateful for.

2. Choose a word or phrase that makes your instantly think about everything you've listed.
3. Whenever times get hard recite the word or phrase to help you realize what's truly important and help you bounce back to normal.

EXAMPLE

I'm grateful for:

- ✓ My relationship with CHRIST
- ✓ My FAMILY
- ✓ Food and Shelter
- ✓ Clean water & Electricity
- ✓ Air Conditioning
- ✓ The gift to mentor our youth
- ✓ LIFE

My word/phrase is **AIR CONDITIONING!**

I'm extremely happy and grateful to have air conditioning. Whenever I think about the idea of not having A/C it makes me sad. So saying Air Conditioner instantly makes me happy because I can literally feel the air blowing across my face. I think about the joy I get when I walk in the house or hop in my car and feel that A/C on full blast. It calms me down and gets me back in work mode.