



Activity 6: TURN AROUND YOUR FEARS

Directions: If you fear failure, take those fears and flip them around. In most cases those fears are actually what you fear would happen if you were to succeed.

While writing this book I was doing mirror work. I was afraid this book might be too confrontational and therefore people would not want to read the book. When I flipped it around, I realized I was afraid of confronting these topics because what if people found out who I really was? What if the book succeeded but I felt like a fraud for having these feelings? That old sense of not being perfect. I then just allowed myself to feel that before sitting in the feeling of accepting myself for being human. In an instant, I went from feeling complete fear to complete acceptance.

When you are afraid and feel trapped in your Worst Day Cycle, ask yourself the following questions and then write down your responses.

- Where and when do you feel rejected in your past?
- Where and when do you feel rejected currently?
- Where and when do you feel inadequate in your past?
- Where and when do you feel inadequate currently?
- Where and when do you feel powerless in your past?
- Where and when do you feel powerless currently?
- What can I control, how am I making myself helpless?
- What is the smallest thing I can do in this moment to move through this problem?
- What three gifts can I find in this situation? Believe it or not, there is *always* a gift.

Try this activity too:

Another neural pathway we need to counteract is the one that has us always feeling and thinking about what we don't want or don't want to happen in our life. Instead, flip that around and begin feeling and then thinking about what you do want in your life.

Instead of thinking about what you don't want to happen, turn it around and ask yourself:

What do I want to happen in my life?

Don't hold back.