



Empowered Woman Module 1:

Lesson 3

Processing Fears

What is your greatest fear?

What benefit has this fear given you in the past?

Why be free of this fear?



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Refer back to what your biggest fear is. Now, using the triad I want you to see if you can pinpoint the three forces that contribute to how you act.

What is your pattern of emotion?

What is your pattern of psychology?

What is your pattern of focus?



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Now, I want you to see if you can change those patterns. What could you do instead?

What is your NEW pattern of emotion?

What is your NEW pattern of psychology?

What is your NEW pattern of focus?