

5 DAY MINDSET COURSE

DAY 3: Fear

Part 1: LOVE VS FEAR

What are you currently doing in your life right now out of love? Are you fulfilling your dreams? Did you apply for that job? Are you traveling? Are you supporting your loved ones? Make a list of all the things that you can think about where you are acting from a place of love.

What are you doing out of fear? Do you exercise because you hate your body? Do you hold on to negativity? Do you have toxic people in your life? Do you hide who you are? Do you partake in gossip and hate doing it? Make a list of the things that you can think about where you are acting out of fear.

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Part 2: LOVE YO SELF

Before you answer these questions, head over to the main page and fill out the quiz then return here to answer the questions.

1.) After completing the quiz, did your results indicate that you were acting more out of love or fear?

2.) Did you have any realizations while you were taking this quiz? Did you find any hidden thoughts you might not have been aware of?

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Part 3: YOU

1.) Write down things you would like to do to make you feel happy, feel in the flow, and fill your cup. This could be doing a morning routine, waking up early to have some alone time, going for your daily walks, etc. These could also be things you are already doing.

2.) The next step is to schedule time to make sure you are doing things for you. Now, before your ego jumps in with all the excuses of why this cannot happen, gently close the door on it, commit to it, and make it happen.

This week I want you to schedule 2 things that you are going to do for you. Your homework is to make this happen, to put the plans in action, and make this a non-negotiable. If an excuse comes up, attack it with love and find a solution.

Head to the next page to COMMIT and get it on paper

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Part 3: YOU

Two things I am going to do for myself this week are:(Be sure to indicate the date, time, with who, etc). Include all of the details.

- 1.) _____

- 2.) _____

Permission Slip

I _____ (NAME)

give myself permission to allow myself to unconditionally love and accept myself in this moment. I love and accept everything about me. I relax and let go of any judgements I hold about myself, and love myself entirely.

Date: _____