

# Golden Key Coaching

**Creating a step by step Coaching System to fit YOUR business**

## **Fearless**

When making starting your business, trying something new or taking your business to a new level, Fear arises. All the messy, great, loving, generous, overwhelming stuff the makes us who we are today creeps in to take hold to put a big road block in all our plans. We have to stop and figure out, yet again why we are doing what we are doing. This can be very scary on one hand, but on the other, very liberating.

Fear is the number 1 reason we stop ourselves from making a change, the change we need to make to have the business and life our dreams. Change/fear just leaves us feeling “icky”.

I have just recently gone through these emotions on a personal and professional level and created a step by step system which I personally did to overcome my fears.

Here is what I did.

**Step 1 Get a pen and paper. We are going to do some really important work.** Once you have completed this you will feel completely liberated.

**Step 2 Make a list of a your fears that come to mind.** Take some time with this. It may take an hour or an afternoon but it is important, so ensure you list them all.

**Step 3 What do all these fears mean to you?** “I’m not good enough”, “I’m dumb”, “No one will listen”, “I’m not pretty enough”. The list goes on.

**Step 4 Where does this fear come from?** Think about the first time you had the fear. Were you a little girl/boy and it was something your parents said to you? Did a friend say this to you or was it a boss?

**Step 5 Now that we know what the fears are and what meaning they hold for you, I want to play the “What if Game”.** What if I make the change? What if you change your job? What if you start your new business? List the positive things you will create once you start this new and exciting opportunity in your life. Once that list has has been created. I want you write another list of all the things that could possibly go wrong and what you would do about it.

Step 6 **Look at what you have written.** Do you have have a different perspective?

Step 7 **Make a list of who you really are today.** This will reinforce who you really are and your greatness.

Step 8 **If you can't change how you feel about the fear, move through it and “go for it” anyway.** Everyone in life has fears it's what we do with them that matters.

Do this process for each fear. Each time we do this at any stage of our business or lives our fears become smaller and more manageable.

***Just Jump! You'll Love It!***