

# WORKSHEET



**SCENARIO:**

**STEP 1 - FIND THE FEAR AND FACE IT:**

**STEP 2 - FACTUALIZE THE FEAR:**

**STEP 3 - FACTOR THE FEAR:**

**STEP 4 - FORMULATE A PLAN:**

**STEP 5 - FAITH THE FEAR:**

**FREEDOM – HOW DOES IT FEEL? WHAT DID YOU LEARN? 😊**