

# **Leading Fearlessly: Facing Fear**



**Williams Education Consulting**

**[www.amberewilliams.com](http://www.amberewilliams.com)**

# What are you afraid of?

*Courage is resistance to fear, the mastery of fear. Not the absence of fear.*

Which of the types of fear have you experience? Mark an **X** by all that apply to you.

\_\_\_\_\_ **Fear of Rejection:** Fueled by a desire to belong and to be wanted, often due to a feeling of not being good enough.

\_\_\_\_\_ **Fear of Perception:** Fueled by a desire to be liked, admired, and to fit in, often due to low self-esteem.

\_\_\_\_\_ **Fear of Failure:** Fueled by perfectionism, often due to low self-worth.

\_\_\_\_\_ **Fear of Change:** Fueled by a desire to be comfortable and maintain status quo, often due to feelings of inadequacy or loss.

\_\_\_\_\_ **Fear of the Unknown:** Fueled by a desire to have things under control, often due to past trauma, hurt, lack, and past failures or rejection.

Provide examples of how the fears that you have identified impact your life, now or in the past.

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To combat fear, we must be willing to confront our paradigms, for good or bad, and be willing to SHIFT THEM.

For each of the narratives that you identified above, determine if it is factual. If you are unsure, research it by using the internet or talking to others. If it is *not* factual, you must focus on changing the narrative you tell yourself in that area. If it *is* factual, you must consider how you can prevent this narrative from limiting you. Shifting our paradigms means pausing our thoughts, listening and observing the reality around us, and being willing to challenge our beliefs as we learn.

*It's okay to be afraid.* It's not okay to let being afraid keep you from moving to the next level, from accomplishing your goals, and from being an overcomer. We owe it to ourselves to be courageous enough to act, to learn, to exist in discomfort, and to speak up, *even if our voice shakes.*

What courageous steps can you take now? Begin your statement with "I will".

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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*Are you ready to take your vision or idea to the next level? Contact Amber E. Williams at [awilliams@amberewilliams.com](mailto:awilliams@amberewilliams.com) to schedule your FREE consultation!*