

# Find Your Freedom

## Worksheet: Burning Fear Exercise

Fear is something that is very real. We have all experienced fear at one time or another. Our mind can create stories that make us afraid and, as a result, stop us from moving forward.

This exercise will help you be more aware of the fears and and letting go of them.

### WHAT YOU'LL NEED

- Piece of Paper
- Pen or pencil
- Lighter or Fire Source
- Fire Safe setting

### STEP ONE

Write all your fears and beliefs that are holding you back on a piece of paper.

**Ask yourself:** What keeps me from enjoying the things I truly value?

Keep writing as you'll probably find a cache of outdated beliefs and fears and defenses that you aren't even aware of.

Then, take another piece of paper and write the opposite beliefs. In other words, ***what is the belief that you do want?***

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## **STEP TWO**

Then SET THEM ON FIRE AND WATCHING THEM BURN!

*Too much?* Okay. Then, shred the paper to pieces, a LOT of pieces.

*Please remember to practice this exercise safely.*

## **STEP THREE**

Post a picture of your burning (or shredded) sheet and let me know your thoughts in our [Facebook Group here](#).