

FEAR LIMITS YOUR FULL POTENTIAL: REFRAME YOUR FEARS USING THESE 5 STRATEGIES



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How does fear relate to our self-confidence?

Fear stops you from doing a lot of things that would distinguish you & make you different & make you special. Fear sets our limits & robs us. Here is how we can reframe our fears...

YOUR FEAR EXISTS ONLY IN YOUR MIND

Our minds start to make up stories around the fear. Humans are the only animals that have chronic fear.

YOUR FEARS LIMIT YOU

"The fears you don't face are your limits." You literally are in prison by the fear.

FEARS THAT ARE CONFRONTED ARE CONVERTED

If we have a fear, get in there & have the experience & our brain will convert it to more information & change it.

ALIGN YOUR FEARS TO YOUR HIGHEST PURPOSE

"For life to be really fun, what you fear should line up with what you desire most."

YOU DON'T NEED TO FEAR DOING THE RIGHT THING

Said by Rosa Parks. If you're doing what's right, don't fear it. You just need to get through it, when you get through it, instead of fearing it, you'll see that it was the right thing to do & it sets you up & takes you to the next place you need to be in life.

reflections:

What are the fears I have?

Am I confronting them or running from them?

What stories have I made up around my fear?

Are my fears limiting me?

How can I confront my fear?

How is my fear related to my highest purpose?

How can I get through my fear when doing the right thing?

Notes: