

BEING AFRAID HELPS YOU GROW!

HERE ARE 5 NEW WAYS TO LOOK AT CONQUERING YOUR FEARS



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How is fear a necessary part of my growth?

Fear is an indicator that you're moving toward a moment of growth. Conquering fear will help you reach your full potential.

CONNECT YOUR FEAR TO YOUR HIGHER PURPOSE

Think of your fears as "This is one step closer to..." reaching your higher purpose.

SEE LIFE AS CHALLENGING, NOT THREATENING

Think of fear as challenging our growth vs. threatening our life. Most of the things we're afraid of are not life or death.

TAKE YOUR OWN ADVICE ABOUT CONFRONTING YOUR FEARS

What would you tell your child who was feeling afraid of something? Use that same advice to face your fears.

FRAME YOUR FEARS AS EXCITEMENT, NOT ANXIETY

If you frame your mind to be excited your brain will perform better.

DON'T FEED YOUR FEAR TIME

The more time you give to your fear, the more it feeds. The minute you think of something that scares you, go do it immediately.

reflections:

What fears do you feel right now?

What is your higher purpose? What fears are getting in the way?

What can you do to conquer your fear?

What advice would you give to someone else who's feeling afraid?

Notes: