



EMPOWER PAGES

by Ritu

UNRAVEL A FEAR THROUGH SELF-COACHING

WHAT

This page will help you to work on addressing a fear that has been holding you back by leveraging self-coaching.

WHY

We all hold fear-based negative self-talk and beliefs in our heads. By using an effective self-coaching technique, you can work to shift and minimize your fears.

HOW

Complete the exercise below, and then practice the self-coaching technique so that it can guide you the next time you're in a stressful or fearful moment.

How Does Fear Impact Us?

Everyone has fears – it's how we've been biologically wired – but the problem is that they hold us back. Your fears cause you to not take chances, to suppress your **authenticity**, to hesitate to reach for opportunities, and more. The negative self-talk in your head will persist until you work to stop it. Here's where self-coaching comes in.

What is Self-Coaching?

Self-coaching is the practice of pre-selecting words of encouragement, **affirmations**, and advice that you can tell yourself when **the gremlin in your head** wants to hold you back. The great thing about self-coaching is that you don't need to rely on anyone or anything to support you – you can use this tool to help yourself!

Start off by identifying a fear that's been holding you back and that you'd like to work on.

The fear I'd like to work on unraveling is: _____

Reflect on the roots of this fear. Ask yourself:

- What has led me to have this fear? _____
- What negative thoughts do I hold in my mind relating to this fear? _____
- How does this fear make me feel in my body? _____
- How does this fear impact my behavior? _____
- How would I benefit from conquering this fear? _____

Plan out how you will use self-coaching to stand in your power the next time you experience this fear.

The next time I hear negative thoughts and feel this fear in my body, here's the self-coaching language that I will use:

Here's what I will do to remember this language (e.g. set a daily reminder to review the language, put sticky notes up around the house, etc.)

THANKS FOR USING MY EMPOWER PAGES!

I carefully created these guided monthly worksheets to help you better understand your authentic self (who you are at your core!) so that you can live better, flourish professionally, develop more meaningful relationships, and much more! I have personally done all these exercises, and now I want to share them with you. As you reflect on each question, my hope is that you'll start to uncover who you are more and more. So dig deep and answer the questions honestly and whole-heartedly. And remember, this self-work is worth it!

With love and gratitude,

CONNECT WITH ME!



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My Amazon bestselling book, *The Authenticity Principle*, is more than just a call to “be yourself”. Combining the latest neuroscience, leadership, diversity, and mindfulness research with a wealth of practical exercises, my book will provide you with a framework for living more authentically, so that you can thrive in all spheres of your life. It’s also filled with my personal stories, and stories of others, about how to overcome barriers to living authentically. Learn more about *The Authenticity Principle*, including where to buy it, at www.ritubhasin.com/book.

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