



SUCCESS: MODULE 8

COURAGE

FEAR DIARY

Next time when you are procrastinating or you have the feeling of being blocked, ask yourself if fear is causing this reaction.

You have learned that fear is not only a negative feeling and that you can use it as a clear signal for growth.

When you feel anxiety you can be sure that a growth opportunity is waiting for you! Start the habit of analyzing your fearful emotions by seeing them differently.

You can use this table to track the growth opportunities, which are showing up and to better understand how your fears can be an engine for self-development instead of hindering you to achieve your success goal.

MY FEAR OF...	THE RELATED GROWTH OPPORTUNITY

WHAT YOU'VE LEARNED – SUCCESS FACTORS

#1: Taking Action

Successful people take over full responsibility of their lives. And this is exactly what you have done by doing this e-course. You've opened up yourself to give you all the tools that your inner self has been holding ready. You have given yourself access to deeply rooted models, reduced blockages, fears, and unwanted behaviors, and connected to existing resources.

#2: Mindset

Your mind does what it thinks you want it to do. You have worked on this repeatedly. In each module we came back to it from a different perspective and if you are seriously and continually holding on to the daily mental workout, your mind will become more and more supportive of achieving your success goal.

#3: Awareness

You are now aware of the influence of the three basic inner drivers: Contact, Power and Performance. You also have a much better view on what you are good at and know what you are not good at and understand the difference between who you think you are and how others perceive you. And – you have seen (and felt!) in which roles you excel and why and how you can extend your competencies by increasing your authenticity at the same time

#4: Focus

You have set yourself your success goal in a way that it comes straight from your heart. This will make it extremely powerful and even more so – a pleasure to achieve! Maybe this exercise has helped you to enrich your goal by giving it all the facets that are needed to live up to your deepest desires and values.

#5: Behavior

You have learned about behaviors that stood stand between you and your success and you went through a process where you were able to remove these barriers exactly where they have their origin – in your subconscious. Now it is up to you to encourage yourself with each step you make in the right direction. No matter how small or insignificant this step might be – congratulate yourself!

#6: Relationships

We all know people who support us and others who put roadblocks in our way. The people who surround us are crucial for our own speed of self-development and growth. You have developed a plan how you can leverage this highly important success factor.

#7: Assertiveness

You learned how to create win-win dialogues with loved people who don't understand or accept your plan for success and you learned how to overcome the obstacle of very difficult people who are putting heavy roadblocks in your way.

#8: Journey

Successful people don't just drive around without plans. They know what they want to achieve and they also have a map to get there. You have worked out your own very special 7-step plan in a very special way! Now enjoy the journey and see how it unfolds in reality!

#9: Courage

You have stepped over your fear, and experienced it in completely new way. You increased your courage by seeing your fears from a different angle and enhanced your understanding of the courage/fear mechanisms.

And last not least, you integrated all your findings and feelings in one integrative introspection where everything was once more solidly wrapped up and embedded in your subconscious.