



The Fear Fighter

You are one mindset shift away from Success!



Hello lovely,

WELCOME!

Your next level fearlessness is on the other side of some powerful inner work.

As you go through this workbook, keep in mind that your Fear of Failing and all your fears are just your nervous system keeping you safe. It's your inner warning system.

They are based on old stories, experiences, and a lack of evidence of the possibilities.

Once you face your fears and see how they are taking the driver's seat, you can retrain your brain to see that you have EVERYTHING you need to succeed and that it's safe to go out after what you desire.

I'm going to walk you through the steps by taking you on a mindset journey one journal prompt at a time, and give you powerful habits to embody everyday that will ignite your confidence and lead you to success!



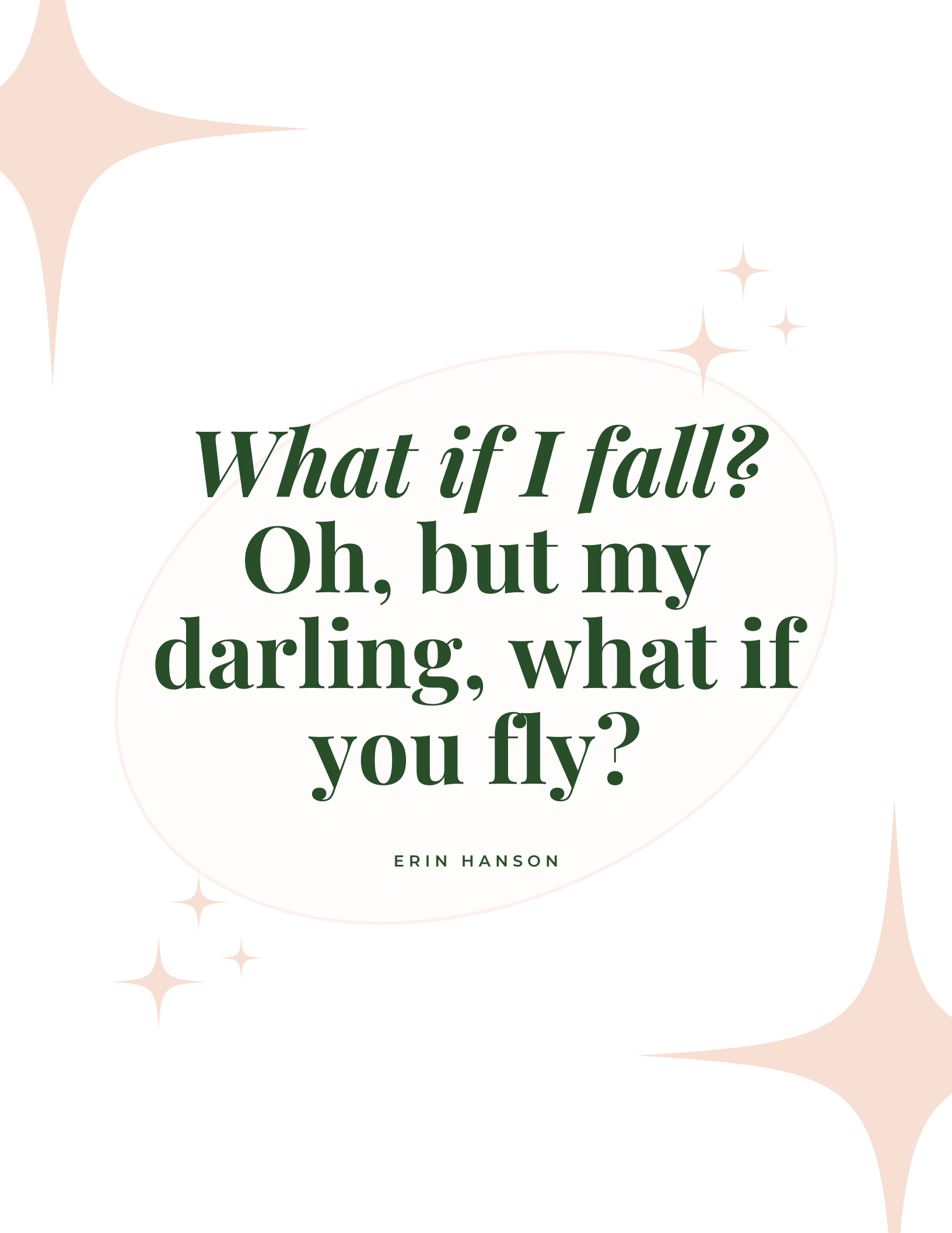
Are you ready?

LET'S BEGIN!

Katerina
Kx

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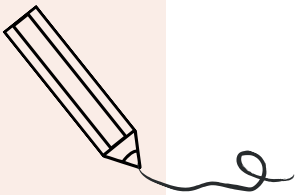
What if I fall?
Oh, but my
darling, what if
you fly?

ERIN HANSON



Your Big Dream


Let's play a game for a moment. If you were the most fearless version of yourself, what big dreams would you embark on? What would your FEARLESS vision be for your future in 1, 5, 10 years?



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Your Biggest Fears

Reflect on what you are most afraid of when you think about your dreams? What are your biggest fears, doubts and worries and how do they hold you back? What are you most afraid of?



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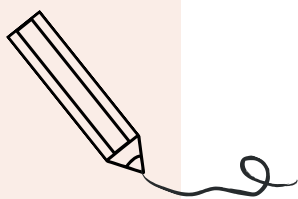
Fear of Failure

Let's get specific about your Fear of Failing. How does Fear of Failure pop up when you think of the big life and business dreams on your heart? What are you afraid will happen and why? Do a free write of what comes up for you when you think of what you are most afraid of.

(Here's a hint: Keep asking yourself Why and What else after you write out each fear. The more you ask WHY and What else, the more you will pull out all the fears and get to the deeper roots.)

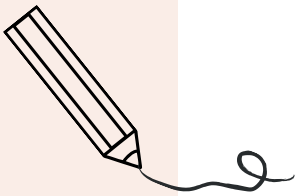
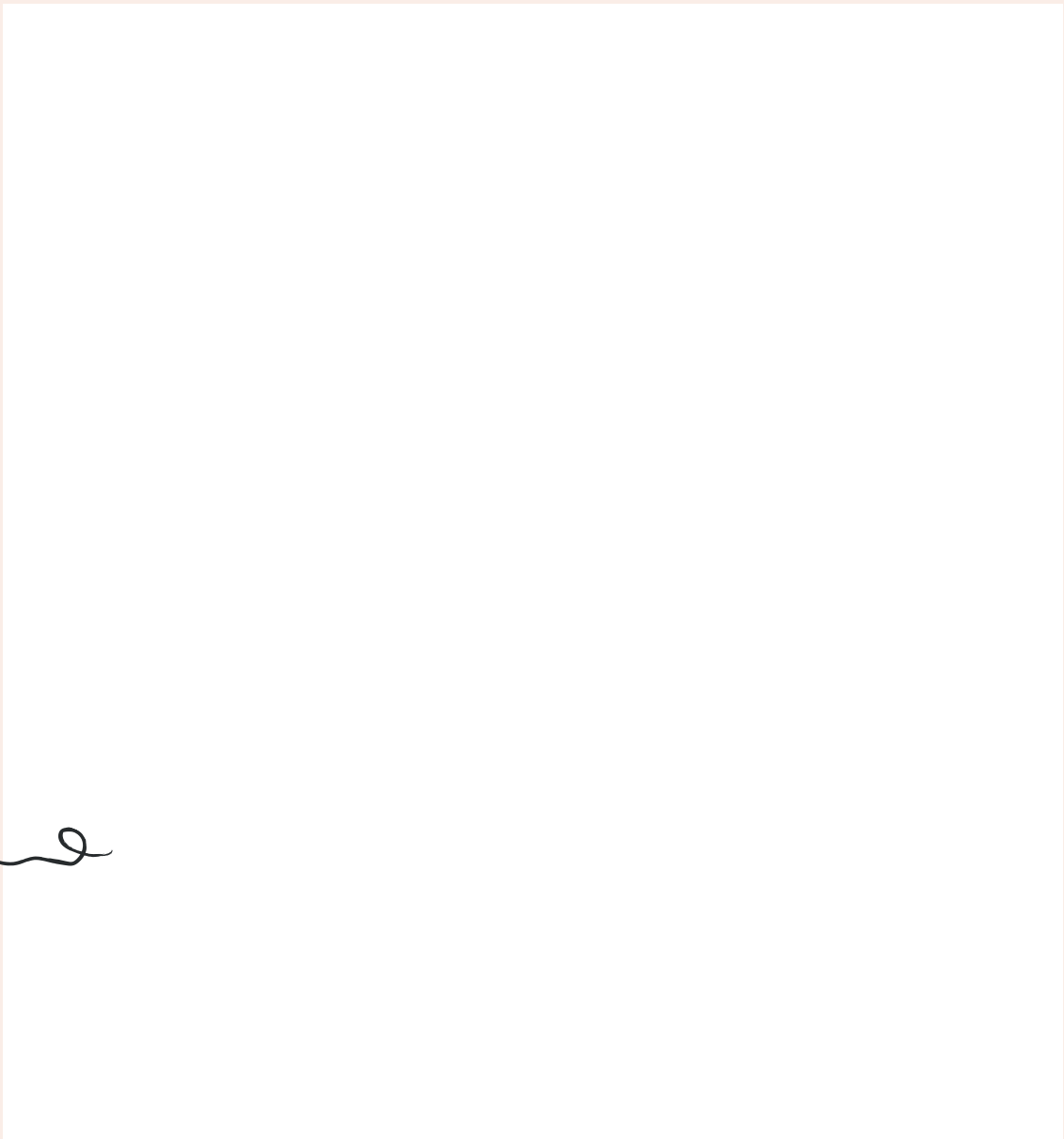
Be honest with yourself. Don't suppress these fears or push them away and be ashamed of them. You want them to surface.

You want to face them.





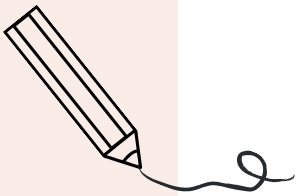
Fear of Failure



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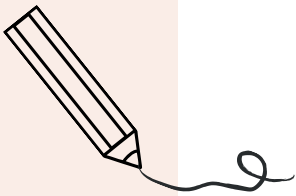
What is Stopping You?

How are these thoughts stopping you from taking action? If you think about doing something in your business like launching and promoting a program, getting visible in your business, sharing your business with others, how are the fears that you just wrote down, stopping you? (ie. procrastination, comparisonitis, spending more and more time educating yourself, trying to find the sure-fire-strategies, doing things you don't want to be doing instead, keeping you at your full time job.)





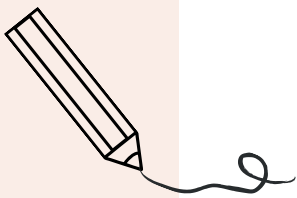
What is Stopping You?

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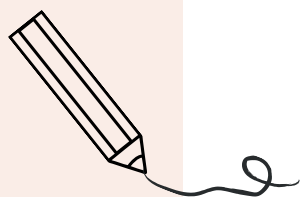
How is it Hurting You?

How is fear of failing sabotaging your business by causing you to be perfect or to procrastinate? How is it keeping clients from working with you or buying from you? How is it holding you back in the way you show up in your business? What aren't you saying, selling, or trying in your business? What are you avoiding doing?





How is it Hurting You?

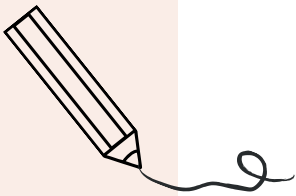
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Worst Case Scenarios

What are you afraid will happen if you go all in and take bold action?

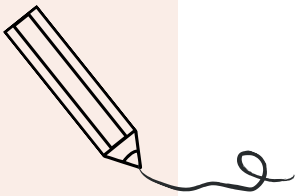
What worst case scenarios are you playing out in your head?





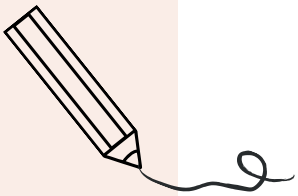
Origin Stories

Where do your fears come from? Look at the fears that came up for you. Take each fear and think about where it comes from. Where did these originate from? Are there stories, experiences, moments in time, things you learned or read, or things people said that come up for you that made you believe the fear? What memories are presenting themselves?





Origin Stories

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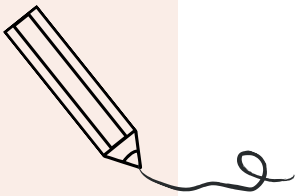


Your Story of Success

Let's write your story of success: why you are meant to succeed, why you are qualified and what your own personal definition of success really is.

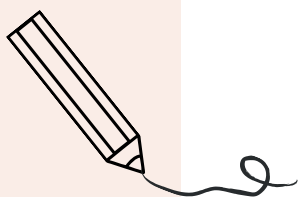
You are so used to thinking about failure and asking yourself what if it doesn't work out or what if I didn't have what it takes. It's time to retrain your brain to default to "why I am going to succeed, why I am meant for this, why I am the right person to go after this dream.

What does the successful outcome of your next level goals and dreams look like? What does it feel like? What have you achieved?





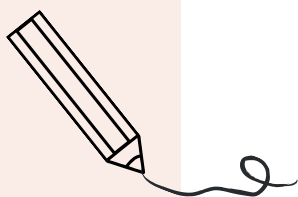
Your Story of Success

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You are Qualified

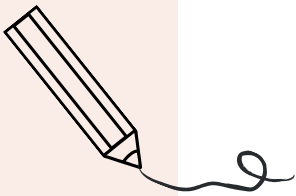
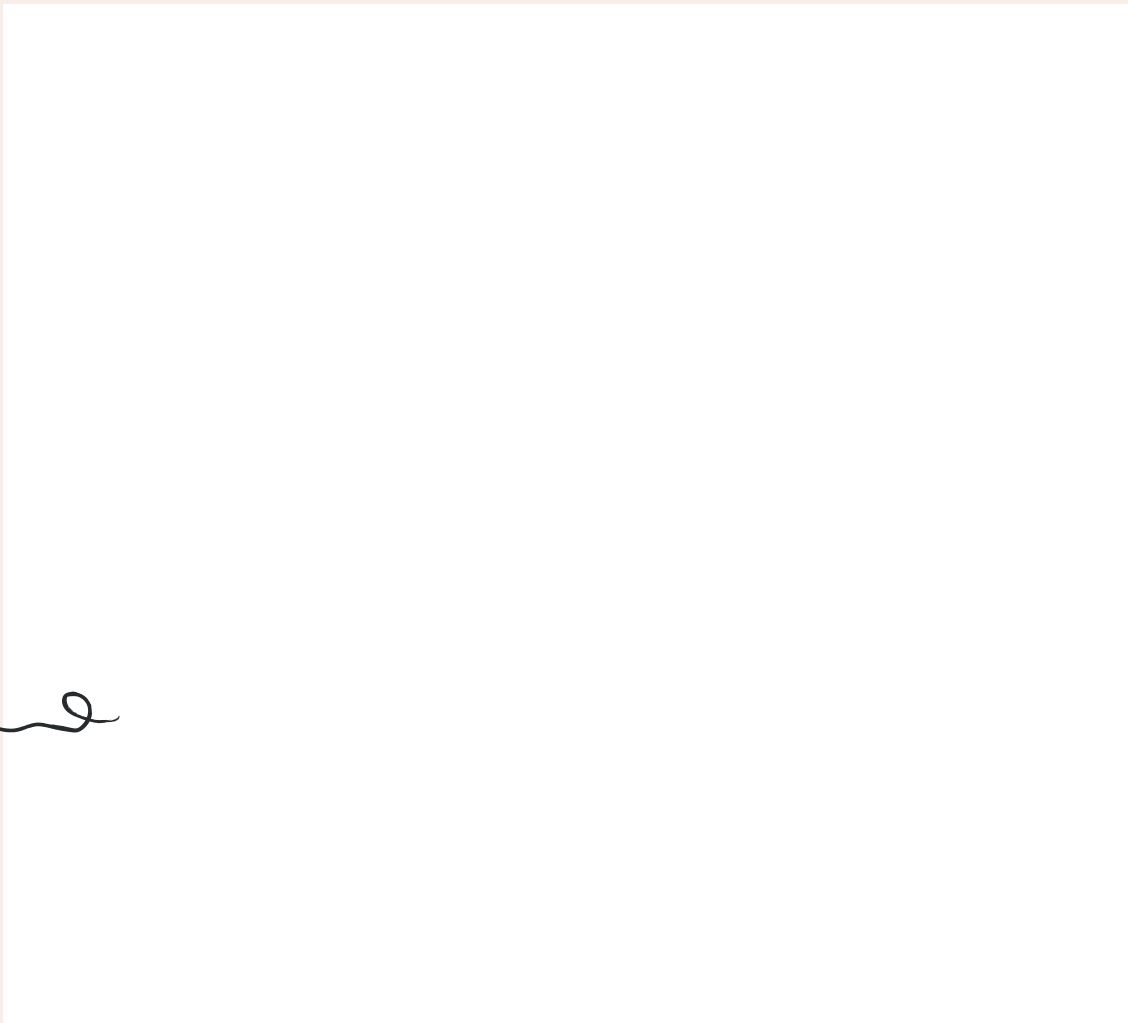
I am qualified because....

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Your Success

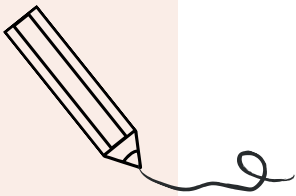
I am GOING to succeed because...





I am Meant For This

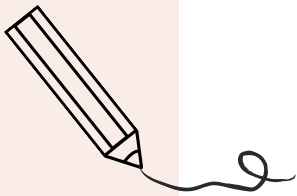
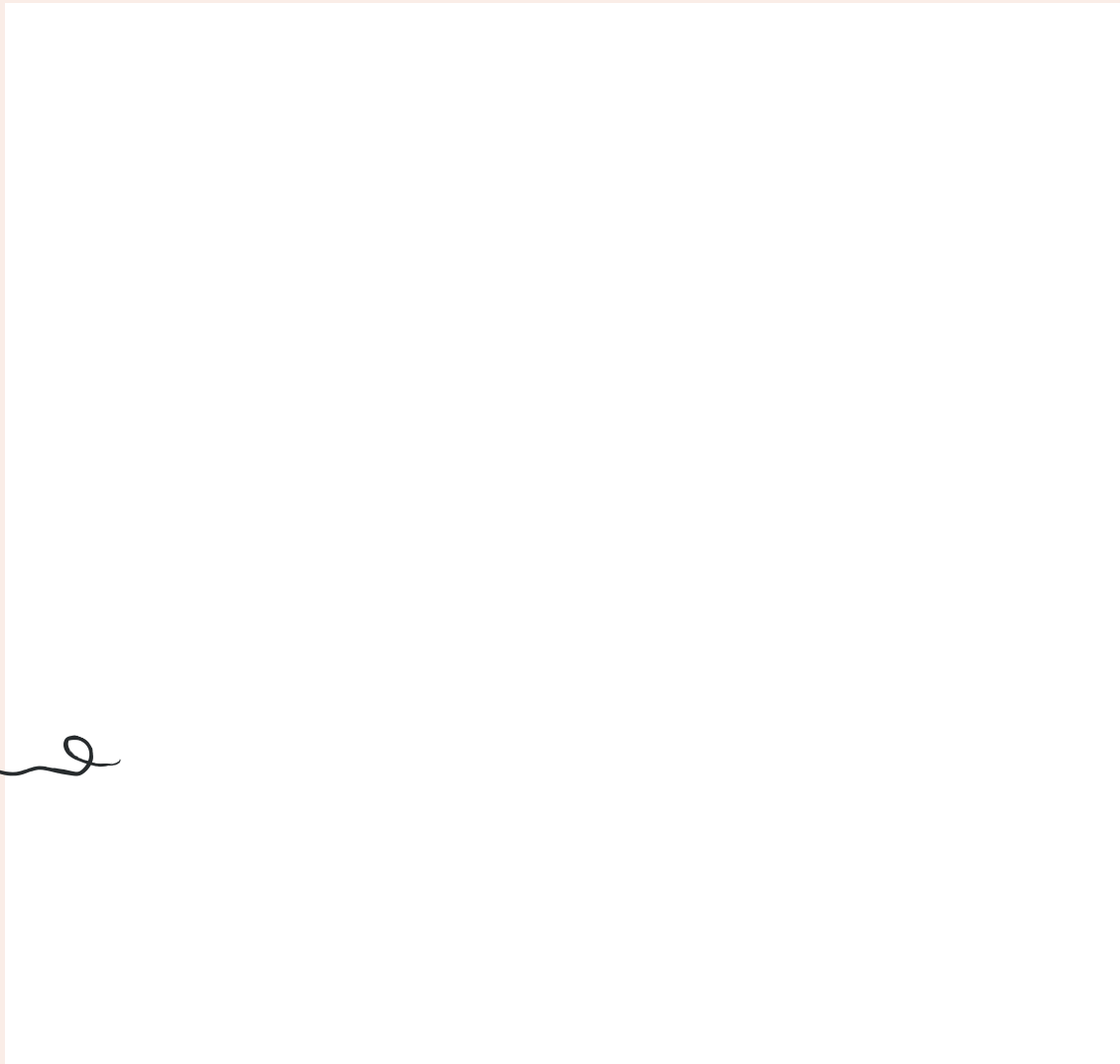
I am the person to bring this business to life because....



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Definition of Success

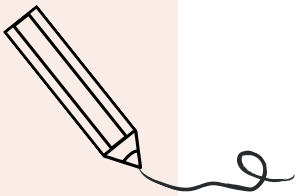
I define success in my life as...



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The Future Me

What does the next level version of you believe today? What does she believe about her life, her dreams, her money, her clients, and her possibilities? What actions does she take? What thoughts does she lead with?



becoming fearless

Daily Habits of Becoming Fearless

In order to become fearless, you need to create new habits and that starts by taking little steps every day. Here are some things you embody each day to help you become more fearless.

1 • DAILY VISUALISATION

Each day, connect to the future version of you already succeeding and living the life you desire. Reflect on how she leads herself, and the thoughts, beliefs and actions each day. Step into her shoes!



2 • PLAN YOUR FEARLESS DAY

Success comes from planning. Choose the aligned actions that will lead you to what you want to create, map it out, and take 1-2 actions everyday. Bite sized pieces will make it less scary and more doable.

3 • TAKE IMPERFECT ACTION

The only way to fight the fear of failure is to prove you can be successful. To have what you desire, you need to become the person that has it. And that means, adopting the consistent actions that will help you evolve into her.



4 • BUILD YOUR CONFIDENCE

Lead yourself by doing things you LOVE doing, that make you feel good, that make you feel confident. Start with where you are and what you know. Build off of that confident energy!



5 • REFLECT

Take time to reflect and journal on how your day unfolded. Every day write down what you did, what went well, what didn't go well, how you felt. Write it all out. This helps you live intentionally but also reveals the roadmap of your evolution towards your next level success!



Daily Routine

month:



DAILY VISUALISATION



PLAN YOUR DAY



TAKE ACTION



BUILD YOUR CONFIDENCE



REFLECT

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You're a Fear Fighter

Your fear of failing is just your inner nervous system letting you know that you are embarking on something new and that it doesn't have the evidence YET that you can succeed.

You've now taken the first step in making room for your next level confidence.

When you acknowledge your fears and how they are holding you back, you take back the power to choose new thoughts, beliefs, and actions that will help you become a more confident version of yourself.

If you are ready to leave fear behind and start to see magic happen in your life and business, take bold action, show up fearlessly in your business, and create the life and business you desire, BREAKTHROUGH is perfect for you. This coaching experience will take your life and business to the next level. It's where you receive the ultimate CLARITY, CONFIDENCE, and DIRECTION!

FIND ME AT:

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- [@katerina.kormas](https://www.instagram.com/katerina.kormas)

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