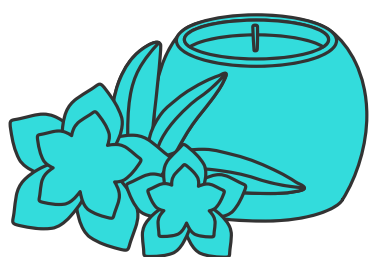


Facing Fears

VISUALISATION

FIND A QUIET LOCATION

ENVIRONMENT



Choose an environment where you won't be interrupted or distracted if possible. Turn off or leave behind your phone. Make sure you are warm or cool enough. Put on some soothing music and maybe even light a candle.

FOCUS ON YOUR BREATH

BREATHING



Slow your breathing down to long, slow, deep breaths. In through your nose for a count of 3-5 seconds and out through your mouth for 3-5 seconds. Think about breathing in confidence and breathing out your fears.

IMAGINE YOUR SCENARIO

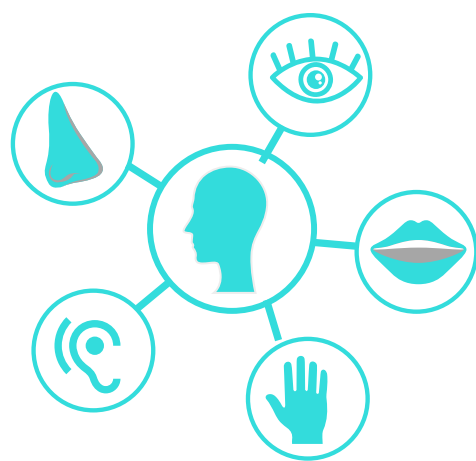
SET THE SCENE



Imagine yourself in the successful scenario. For example if your fear is public speaking, see yourself on the stage talking calmly and confidently. Standing tall, feeling grounded. See the audience asking questions, reacting positively, congratulating you afterwards.

INCLUDE ALL SENSES

FIVE SENSES



Include each of your senses in the visualisation. Can you smell the wood of the stage, see the happy smiling faces, feel the microphone in your hand, taste your raspberry lipgloss, hear the applause at the end.

COVER EVERY STEP

THE WHOLE PROCESS



Repeat this visualisation for every step that is necessary to achieve your goal. For example, easily writing your speech, confidently choosing what to wear, travelling to the location calmly, arriving early and being prepared.

PRACTICE THIS AT LEAST ONCE A DAY FOR SUCCESS

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