

5 steps to

# Facing Fears & Finding Freedom

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## 5 steps to Facing Fears and Finding Freedom

Congratulations on deciding to face your fears and find your freedom. In this guide I have outlined the top five easy ways that you can stop fear controlling your life, your decisions and your actions and start to live your life from a place of freedom, authenticity of the true you, and confidence.





# 1

## Appreciate You

As women we tend to be experts at comparing ourselves to others. We are bombarded by images in the media and we often compare ourselves unrealistically to the women in the magazines who have been retouched. Your fear loves it when you compare yourself as it gives it ammunition to make you feel bad about yourself and hence, keep you small. Don't let it.

By focusing on what you appreciate about yourself, your body, your mind and your life, fear won't have anything to latch onto and you will stop it from taking over.

### **ACTIONABLE**

We all have our own unique gifts and talents. What are yours? Write a list of five things you like about yourself and focus on these when you catch yourself comparing yourself to others.



# 2

## Find out how

Often, when we don't know how to do something it stops us in our tracks and we either freeze or procrastinate. These are simply fear responses. If you find yourself not moving on a project or procrastinating on a regular basis, then fear is in control and running the show.

The best way to combat fear in this situation is to find a solution to the 'not knowing' part. Recognise that your fear has been triggered by something you either don't understand or don't know how to do. Ask yourself what it is specifically and then go and find a way to learn more about that.

With the internet at our fingertips these days there really isn't any excuse to not knowing how to do something or finding someone that can do it for you.

### **ACTIONABLE**

Choose something you don't know how to do. Google how, do it, feel liberated!



# 3

## Present moment

When we feel fear it is based on either looking into the future at what 'might' happen, or looking to the past, and putting yourself right back into a past situation. Neither of these are good for you.

So, if you find that you are spinning out of control, in a situation that has triggered your fear, it is usually that you are worried about a past experience repeating or a future potential experience that may not even happen.

The goal in this situation is to get yourself back to the present moment so that you are grounded and can realistically assess the situation based on reality and facts, instead of past or present experiences that 'might' happen.



### **ACTIONABLE**

To bring yourself to the present moment focus on what you can hear, smell, physically feel or see around you. Focus on one thing intently until you feel grounded again.



# 4

## Words create reality

Whatever you tell yourself, whatever you say about yourself to others, and what you think of yourself, is exactly what your fear will ensure comes true.

So, if you are telling yourself that you are stupid, annoying, uncreative, a failure or simply no good, then your fear will only let you see those things that support these words and these words will become your reality.

If, however, you choose to tell yourself, and others that you are smart, kind, loveable, creative, talented and a good person, then you will be able to see opportunities and experiences that support this to be true.

Your beliefs create your thoughts, which guide your words. By changing your words, you can turn around your beliefs about yourself to be more positive (and true) about you.

### **ACTIONABLE**

What are the three negative words you tell yourself & others about you? This week practice replacing them with loving words instead.



# 5

## Kindness

Sometimes this can be the hardest step, and yet it gives the most rewards. Please... stop being so hard on yourself! Your fear has you convinced that it's good for you by using the excuse that it is holding you to a higher standard. But what's really happening is your fear is controlling you to keep you stuck, small and stressed out.

Being kind to yourself, and doing something nice for yourself, are a show of strength and confidence. It tells the world that you know what you want, and you are worth the time.

It gives you energy, clarity and direction, and it creates a fearless female, rather than an overwhelmed, exhausted, and unhappy woman. Which would you rather be?

### **ACTIONABLE**

For the next thirty days, schedule one thing into your diary to do a week, that is kind to yourself. It might be a massage or a treatment, a run or a walk, or even just 30 minutes to sit and read your favourite book. Whatever it is, ensure that you do it, and see how much happier you are.