

Homework

Take an action that scares you and reflect on how it felt.

This homework is designed to help you face your fears and build confidence by taking action despite feeling scared or uncertain. It can help you realize that you are capable of more than you thought and help you break free from limiting beliefs and self-doubt.

Instructions:

1. **Identify an action that scares you:** This could be something as small as speaking up in a meeting or as big as applying for a new job or starting your own business. Choose something that feels challenging but also achievable.
2. **Plan and take the action:** Break down the action into smaller steps and create a plan to achieve it. Then, take action and follow through with your plan, even if you feel scared or uncertain.
3. **Reflect on how it felt:** After taking the action, reflect on how it felt. Did you feel scared or anxious? How did you cope with these feelings? What did you learn about yourself in the process?
4. **Write down your reflections:** Journal about your experience and what you learned from it. This can help you gain clarity and insights that you can use to overcome future fears and build confidence.

Remember, the goal of this homework is not to achieve perfection or eliminate fear altogether, but to take action despite feeling scared and learn from the experience. Celebrate your bravery and use what you learned to continue growing and pushing yourself out of your comfort zone.

Detailed Template for this homework is next page.

Homework Template -

1. Identify an action that scares you:

2. Plan and prepare for the action:

- What steps do you need to take to prepare for the action?
- Who can support you in taking this action?
- What resources do you need to gather to help you take this action?
- When will you take the action? Set a specific date and time.

3. Take the action:

- When the date and time arrives, take the action you planned for.
- Be present in the moment and notice any feelings that arise.

4. Reflect on how it felt:

- After taking the action, take some time to reflect on how it felt.
- What were you feeling before, during, and after the action?
- What did you learn about yourself from taking this action?
- What can you do differently next time to improve the experience?

5. Record your reflections:

- Write down your reflections in a journal or notebook.
- Be honest and open with yourself about your feelings and experiences.
- Use this reflection as a tool to build your confidence and overcome future fears.