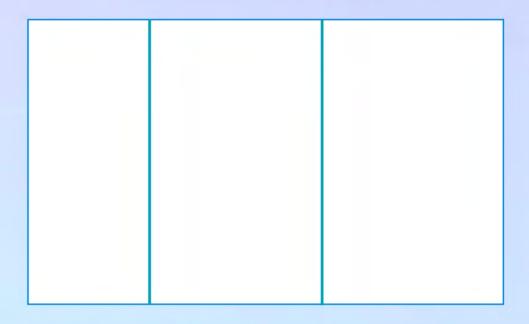


Sue Wilhite
Law of Attraction Coach

### Preparing the way

Get out at least three pieces of blank unlined paper.
On one piece, turn it sideways so the long side is the top and bottom.
Divide the space into three sections, by drawing 2 vertical lines, not quite equally:



You might need to make two or even three of these, but start with one.

W H Y When you feel	WHEN
When you feel	
fear, you stop breathing.	Right here and now.
When you stop breathing, you stop thinking.  You're going to want to skip this step.  Don't.	Doesn't that feel better?  Not holding your breath?  You're welcome!
	fear, you stop breathing.  When you stop reathing, you stop thinking.  You're going to want to skip this step.

	0	
STEP 1	WHY	WHEN
In the left-hand	Your	Now.
column:	subconscious	
Write down	mind wants to	Because, now.
the worst	keep you safe,	
things that	so it will derail	
could happen.	you by coming up with	
All the gory	reasons	
details if you	"why not."	
failed at this.		
	Get those out of the	
Let your	way first.	
imagination go		
wild with all the	And, in a weird	
disasters - you	way, this step is the	
know it will!	most fungo	
****	figure!	
Who will abandon		
you?		
Will you end up in		
a gutter? People will laugh at		
you!		
y o a .		

#### STEP 2

In the middle column:

Next to each of the disasters, write down what actions you can take to

## PREVENT or STAVE OFF

the bad thing.

Be resourceful.
What talent(s) can
you activate?
What can you delay
or even ignore?

#### WHY

Because even though your subconscious wants you to be safe, your inner knowing wants you to

#### BE SUCCESSFUL.

Remember this:
 in Stanford
 University's
 famous multidisiplinary Design
 School, students
 must come up with
 at least three
 solutions to every
 problem.
 And they do.

#### WHEN

As soon as you finish the first list of problems.

But take your time coming up with solutions.

Be gentle with yourself.



#### STEP 3

In the right-hand column:
Write down what actions you can take to

#### REPAIR or who you can ASK FOR HELP.

Even if the whole thing goes sideways and breaks, you can whip out the superglue and a helper to put it back together.

#### WHY

Because people like helping other people.
Don't be shy about asking.

Because, like the old saying, it's easier to ask for forgiveness than permission.



#### WHEN

# After you finish step 2.

Again, take your time coming up with solutions.

Allow your creativity and vulnerability to shine.

		4
		-
	No. of Lot	

On a new separate blank page, answer this question:

What might be the upside, the positive benefit(s), in the attempt?

Would you benefit?

Would the world gain something new or better or different?

Would your family, friends, neighbors get something good?

#### WHY

Now that you've dealt with the doom and gloom, you get the focus on the positive.

This is the second most fun part!



#### WHEN

Give yourself
24 hours to
think of more
horrible things
that could
happen, and
complete Steps
1-3 for each
before moving
on.

SIE	: P	5
This	is	big.

On a new blank page (could be the back of Step 4, or a new page) answer the following questions:

What is the **EMOTIONAL** cost of inaction?

What is the **PHYSICAL** cost of inaction?

What is the **MONETARY** cost of inaction?

#### WHY

You must acknowledge what you might be giving up if you don't do your thing.

#### WHEN

# Immediately after Step 4.

You might want to pause to get some tissues.

Sometimes people cry at this step.

Let it happen. Feel the feels.



## And then what happens?

You'll do it - or, you won't.



Let's check in: how do you feel?

More than likely the fear is gone because you've tackled the unknown.

You know the pros and cons.

You may say yes, or no, or something completely different.

No matter what, you'll have won against fear.

You won't have that endless debate in your head and your heart.

Want some more tips, tricks, or mind hacks?

Sign up for a free, no sales pitch Enlightenment Session with me.

http://bit.ly/EnlightenmentSession

You WON'T get BS, or your work done for you, or any information about my products and services (unless you ask, of course!).