

# FEAR\*

Fantasized  
Events  
Appearing  
Real

Self Coaching Tools:

Is there anything in the present I need to address?

What thoughts and images of the future am I holding that are generating this feeling?

Can I take any action to reduce the chances of this happening?

How likely is it to happen?

What thoughts might be more empowering?

What images might be more empowering?

What benefit might outweigh the potential risk?

\*Used with Permission from Jack Canfield