

# Getting Free from Fear:

## Four Principles for Getting Unstuck and Living the Life You Want to Live

Molly Gordon, MCC



It takes 21 days to develop a habit. I invite you to use the following pages to record your insights and practice the principles in this book as you work with your fears. There is room on each page for you to record your fears, to distinguish Fear 1 from Fear 2, to explore how fear shows up in your body, and to work with homeostasis. In addition, each day features an inspirational quote.

Remember to review the principles in this book as you do your daily writing. The intentionality and care you bring to this process will be repaid a thousandfold in increased confidence, flexibility, and courage.

# Day 1

*You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing, which you think you cannot do.*  
Eleanor Roosevelt

Fears I noticed today:

Fear 1 Fear 2 Both

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How fear shows up in my body right now:

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Where I notice homeostasis and what I choose to do about it:

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## Day 2

*Courage is not the absence of fear, but rather the judgement that something else is more important than fear. Ambrose Redmoon*

Fears I noticed today:

Fear 1 Fear 2 Both

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How fear shows up in my body right now:

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Where I notice homeostasis and what I choose to do about it:

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## Day 3

*The more I traveled the more I realized that fear makes strangers of people who should be friends. Shirley MacLaine*

Fears I noticed today:

Fear 1 Fear 2 Both

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How fear shows up in my body right now:

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Where I notice homeostasis and what I choose to do about it:

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# Day 4

*People often say that motivation doesn't last. Well, neither does bathing.  
That's why we recommend it daily. Zig Ziglar*

Fears I noticed today:

Fear 1 Fear 2 Both

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How fear shows up in my body right now:

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Where I notice homeostasis and what I choose to do about it:

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## Day 5

*We should not let our fears hold us back from pursuing our hopes. John F. Kennedy*

Fears I noticed today:

Fear 1 Fear 2 Both

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How fear shows up in my body right now:

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Where I notice homeostasis and what I choose to do about it:

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# Day 6

*Confidence comes not from always being right but from not fearing to be wrong.  
Peter T. McIntyre*

Fears I noticed today:

Fear 1 Fear 2 Both

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How fear shows up in my body right now:

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Where I notice homeostasis and what I choose to do about it:

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# Day 7

*Never fear shadows. They simply mean there's a light  
shining somewhere nearby. Ruth E. Renkel*

Fears I noticed today:

Fear 1 Fear 2 Both

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How fear shows up in my body right now:

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Where I notice homeostasis and what I choose to do about it:

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# Day 8

*Nothing in life is to be feared, it is only to be understood. Marie Curie*

Fears I noticed today:

Fear 1 Fear 2 Both

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How fear shows up in my body right now:

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Where I notice homeostasis and what I choose to do about it:

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# Day 9

*Because of their courage, their lack of fear, they(creative people) are willing to make silly mistakes. Frank Goble*

Fears I noticed today:

Fear 1 Fear 2 Both

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How fear shows up in my body right now:

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Where I notice homeostasis and what I choose to do about it:

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# Day 10

*The components of anxiety, stress, fear, and anger do not exist independently of you in the world. They simply do not exist in the physical world, even though we talk about them as if they do. Dr Wayne Dyer*

Fears I noticed today:

Fear 1 Fear 2 Both

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How fear shows up in my body right now:

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Where I notice homeostasis and what I choose to do about it:

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# Day 11

*You either move toward something you love or away from something you fear.  
The first expands. The second constricts. Tom Crum*

Fears I noticed today:

Fear 1 Fear 2 Both

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How fear shows up in my body right now:

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Where I notice homeostasis and what I choose to do about it:

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# Day 12

*It often takes more courage to change one's opinion than to stick to it.  
George Christoph Lichtenberg*

Fears I noticed today

Fear 1 Fear 2 Both

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How fear shows up in my body right now:

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Where I notice homeostasis and what I choose to do about it.

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# Day 13

*Avoiding danger is no safer in the long run than outright exposure.  
Life is either a daring adventure, or nothing. Helen Keller*

Fears I noticed today

Fear 1 Fear 2 Both

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How fear shows up in my body right now:

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Where I notice homeostasis and what I choose to do about it:

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## Day 14

*You can't discover new oceans unless you have the courage to leave the shore.  
Anonymous*

Fears I noticed today:

Fear 1 Fear 2 Both

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How fear shows up in my body right now:

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Where I notice homeostasis and what I choose to do about it:

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# Day 15

*You can't be brave if you've only had wonderful things happen to you.  
Mary Tyler Moore*

Fears I noticed today:

Fear 1 Fear 2 Both

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How fear shows up in my body right now:

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Where I notice homeostasis and what I choose to do about it:

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# Day 16

*The only thing we have to fear is fear itself. Franklin D. Roosevelt*

Fears I noticed today:

Fear 1 Fear 2 Both

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How fear shows up in my body right now:

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Where I notice homeostasis and what I choose to do about it:

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## Day 17

*Be brave enough to live creatively.... You have to leave the city of your comfort and go into the wilderness of your intuition. What you will discover will be wonderful. What you will discover will be yourself. Alan Alda*

Fears I noticed today:

Fear 1 Fear 2 Both

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How fear shows up in my body right now:

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Where I notice homeostasis and what I choose to do about it:

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# Day 18

*Fear is that little darkroom where negatives are developed. Michael Pritchard*

Fears I noticed today:

Fear 1 Fear 2 Both

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How fear shows up in my body right now:

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Where I notice homeostasis and what I choose to do about it:

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# Day 19

*To him who is in fear, everything rustles. Sophocles*

Fears I noticed today:

Fear 1 Fear 2 Both

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How fear shows up in my body right now:

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Where I notice homeostasis and what I choose to do about it:

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# Day 20

*Fear is the main source of superstition, and one of the main sources of cruelty.  
To conquer fear is the beginning of wisdom. Bertrand Russell*

Fears I noticed today:

Fear 1 Fear 2 Both

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How fear shows up in my body right now:

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Where I notice homeostasis and what I choose to do about it:

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# Day 21

*Try a thing you haven't done three times. Once, to get over the fear of doing it. Twice, to learn how to do it. And a third time to figure out whether you like it or not.*  
Virgil Thomson

Fears I noticed today:

Fear 1 Fear 2 Both

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How fear shows up in my body right now:

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Where I notice homeostasis and what I choose to do about it:

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## Congratulations!

If you have worked through this book and kept a 21-day journal of your experience with fear, you have set in motion a long-term shift that will empower and support you for the rest of your life.

I'd love to hear your experiences as you meet and manage your fears. Send them to me at [molly@mollygordon.com](mailto:molly@mollygordon.com). And be sure to subscribe to my email newsletter, *The New Leaf*, for free, weekly inspiration and motivation for leading a life of meaning and prosperity. Click on the link to subscribe.

Molly Gordon

*Feel the fear and do it anyway. Susan Jeffers*

Getting Free from Fear: Coaching, Your Next Step?

## Coaching, Your Next Step?

I support my clients to live lives of meaning and prosperity. Learn more about coaching at my Web site [www.mollygordon.com](http://www.mollygordon.com). When you are ready to transform your life, email me, [molly@mollygordon.com](mailto:molly@mollygordon.com), for a complimentary sample session. Until then, please accept my heartfelt good wishes.