

# THE IMPORTANCE OF CONQUERING YOUR FEARS

How to Bravely Banish  
Fear & Anxiety

CHECKLIST

## Checklist

- Take a deep breath**
  - Let the calm wash over me
  - Allow other thoughts to enter my mind and ease my fears
  - Slow my heart rate to decrease anxiety
  
- Find internal source of inspiration**
  - Go to my “happy place”
  - Pray
  - Recite a mantra or calming chant
  
- Seek knowledge to ease my anxiety**
  - Learn about the topic to discover as much as possible
  - See what was once unseen
  - Prohibit my imagination from running away with me
  
- My fear is too great, I need:**
  - More time
  - Help from friends and family
  - Professional help to conquer my phobia