**A picture containing diagram

Description automatically generated**

*Wishing you a beautiful month ahead. Take a moment now to thank yourself for taking the time to listen to your thoughts and feelings so that you can acknowledge, accept and heal your fears.*

*Create a quiet and comfortable space for yourself, safely light a candle and put on some relaxation music. Let the pen and words flow, don’t judge what you are writing and be kind to yourself.*

*My fears are…*

*When you think of your fears where do you feel them in the body?*

*Do you believe that your fears will come true? (Take one fear at a time)*

*What do you think will happen if your fears do come true?*

*(Take one fear at a time)*

*What would you do if your fears did come true? (Take one fear at a time)*

*What do you feel you can do to accept your fears?*

*What do you think you can do to heal or release your fears?*

*What support do you need in healing or releasing your fears?*

*Do you ever use your fears as an excuse to not make the life changes that you desire? If yes, why? If no, why?*

*What would you like to happen in the future when your fears come up?*

*Your Fear Story*

*I will discuss this in one of our teachings this month and at the Soul Gathering. Please leave this blank until that time. Thank you.*