

7 STEPS TO YOUR FEARLESS LIFE

A Workbook
for Living Your Dreams



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DISCLAIMER

7 Steps to Your Fearless Life™

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INTRODUCTION

Congratulations and welcome to the 7 Steps to Your Fearless Life™ Workbook!

You are about to begin an exciting process of self-discovery and growth. I can't wait to see all of the wonderful things you will do to claim the life you deserve and achieve your goals!

This process is based on my 7 Steps to Your Fearless Life™ system:

- Clarifying Your Vision
- Finding Gratitude
- Getting Real
- Creating a Fearless Action Plan
- Accountability & Support
- Reflection / Fearless Life Statement
- Rewards & Maintaining the Momentum

These steps will guide you through a process of defining your vision and creating a clear action plan to achieve it. Using these steps, we will explore techniques to utilize your existing skills & talents and learn how to cultivate new ones.

While it's not required, I do encourage you to find a buddy or partner to go through this process with you. By utilizing each other for feedback, support and accountability, you will be giving yourself an even better chance at success.

Before you begin, I suggest you print out this workbook, hole-punch it and place it in a 3-ring binder. This will make it easier for you to complete each assignment as you go along. And, after you are finished, you'll have a valuable resource to refer to.

Know that I am so proud of you for taking this first step toward achieving your goals. My commitment to you as your coach in this process is to provide you with information, tools and an environment that supports your growth and success. If you are committed to the process, I know that you will see amazing results!

Get ready for an adventure and don't forget to have fun along the way. Here's to your success and fearlessness!



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READING ASSIGNMENT 1

Clarifying Your Vision

Would you set out on a cross-country trip without a map? Of course not! So why try to set off on a course to live the fearless life of your dreams without first identifying where it is you want to end up? Clarifying your vision simply means identifying exactly what you want out of life. Developing your personal vision doesn't have to be a difficult task. All that is required is a little soul-searching and an honest desire to live your dreams!

Setting Goals

The first step in this process is to set some overall general goals. Start getting those juices flowing by making a list of all of the goals (big or small) that you have for yourself.

How Do I Name My Goals and Dreams?

We're going to spend some time brainstorming your goals and dreams. Please have a journal, pen and paper or computer handy.

This is a creative process, and just the act of sitting in the company of your dreams may make you think of new goals and dreams. Go with the flow and add them as you think of them.

Now, I'm going to ask you a series of questions – answer only the ones that you feel drawn to. Some of them may not spark anything for you, and others may inspire pages of writing...

**READY TO DISCOVER YOUR
FEARLESSNESS? PURCHASE YOUR
COMPLETE COPY TODAY!**

Thank you,

Carey Powell

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