

The background image shows an indoor climbing gym with several climbing walls. The walls are covered in various climbing holds and routes. A person is visible on the left, looking up at the wall. The entire image is overlaid with a semi-transparent blue filter.

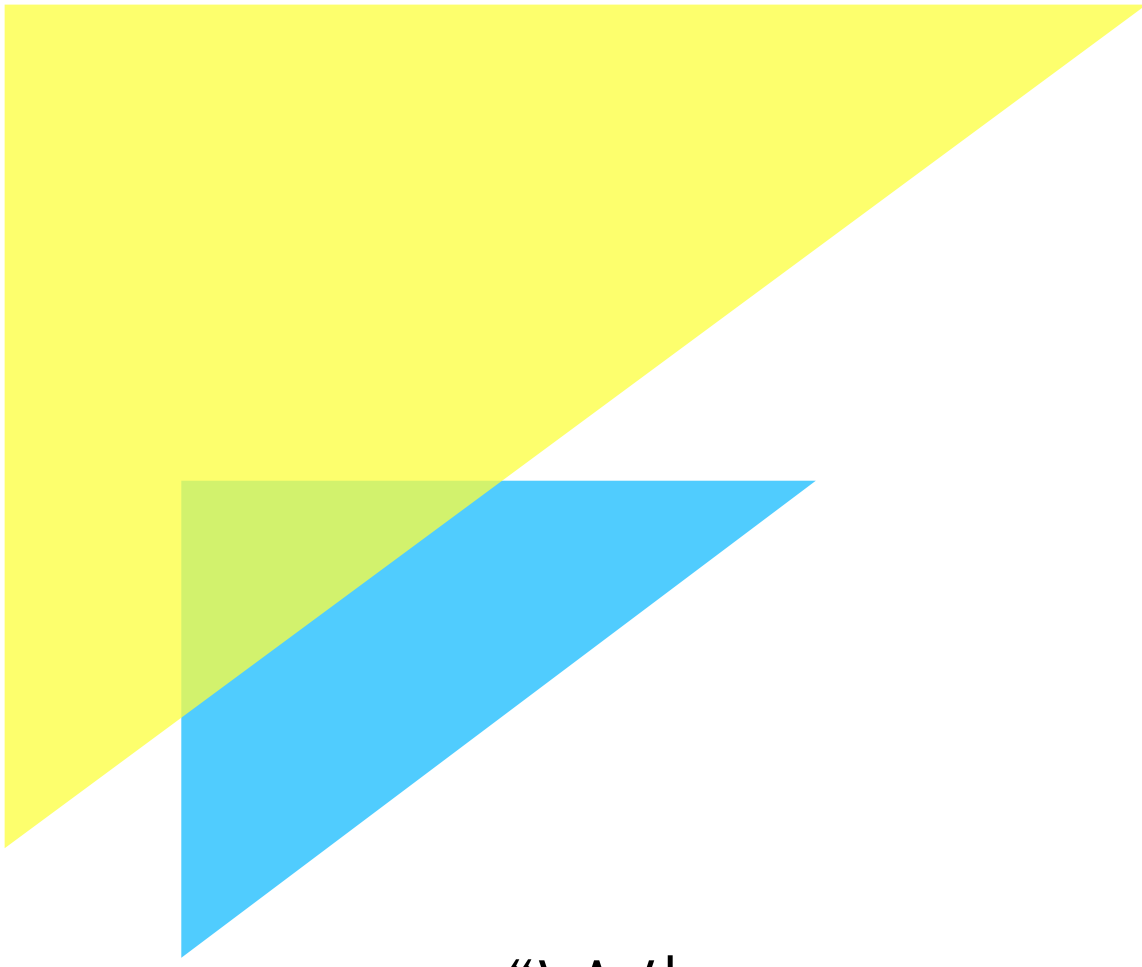
Scared Stiff

Facing fears and building courage



What?

Take power away from the voices
that hold you back.



“When you strive to put yourself out there -
to have an impact, to serve others, to spark
change, you will inevitably find yourself
experiencing vulnerability and fear.”

Dorothy Mankey



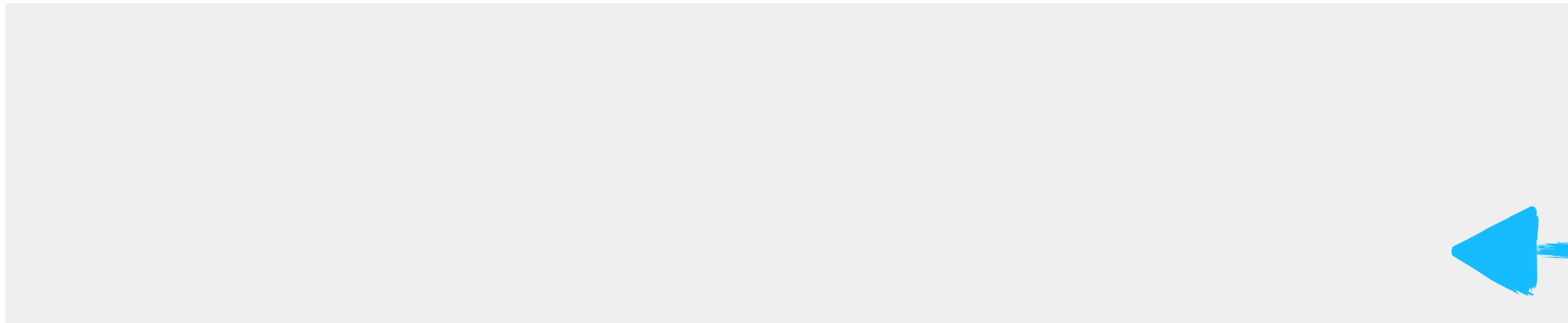


Outcome

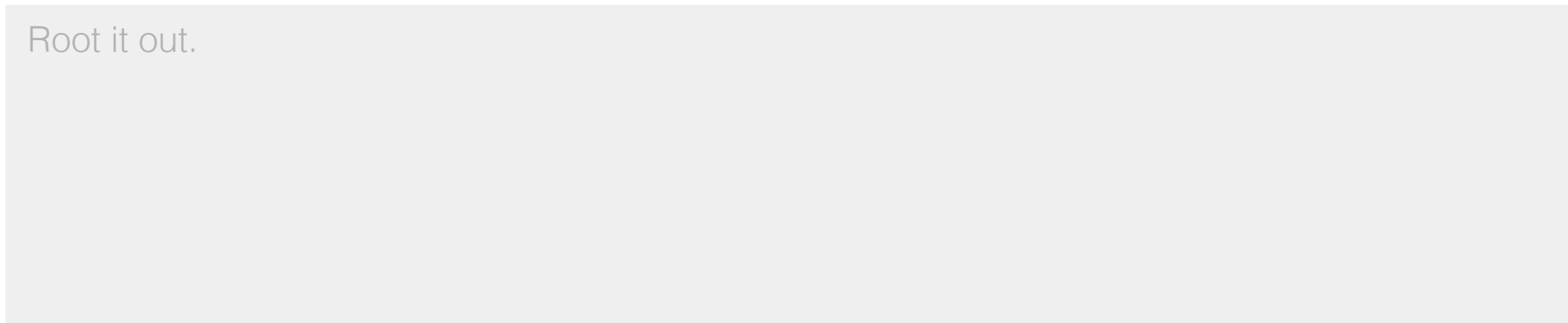
Build courage to make bold moves
for yourself and others.

Scared Stiff

What fears, judgement, and limiting beliefs are holding you back?
What feels vulnerable? What are the risks? Share these voices.



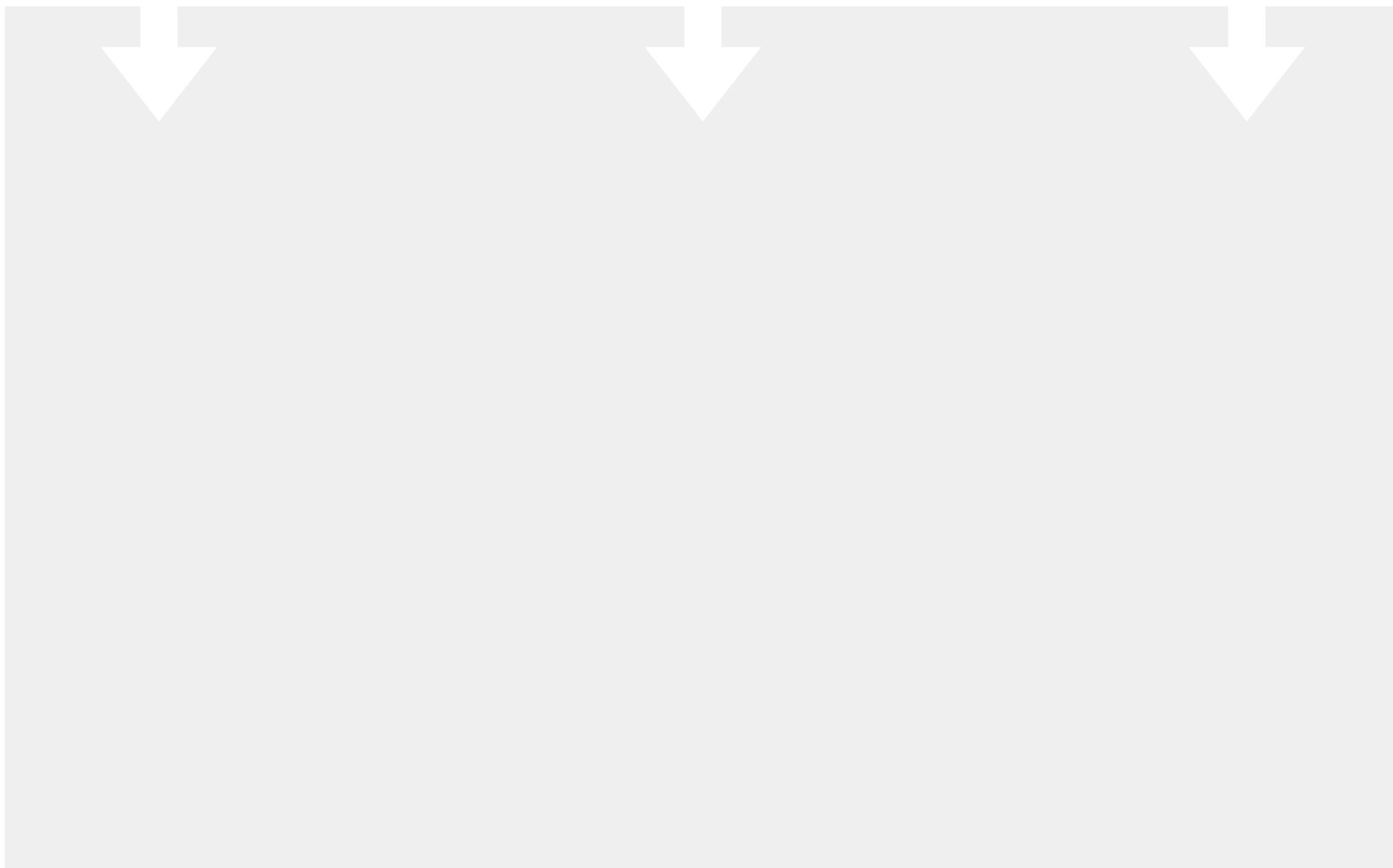
Root it out.



Calm

New Story

Derisk



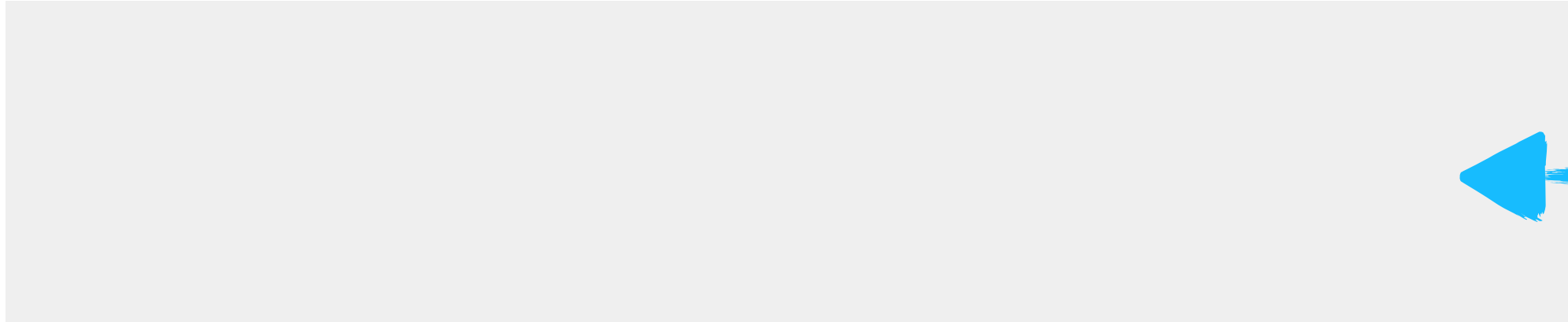
Print Worksheet.

Or fold a sheet of 8x11
paper in half,
hamburger style.

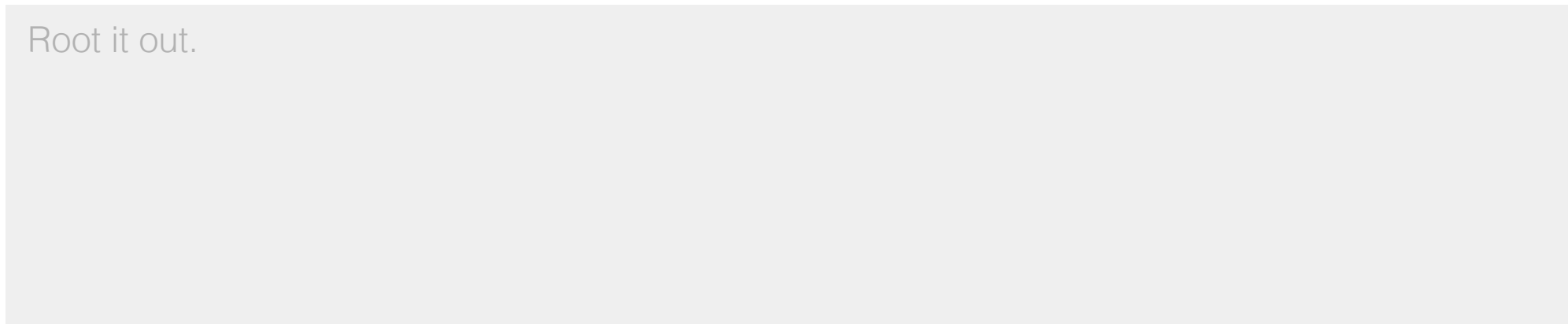
Give yourself distraction
free space.

Scared Stiff

What fears, judgement, and limiting beliefs are holding you back?
What feels vulnerable? What are the risks? Share these voices.



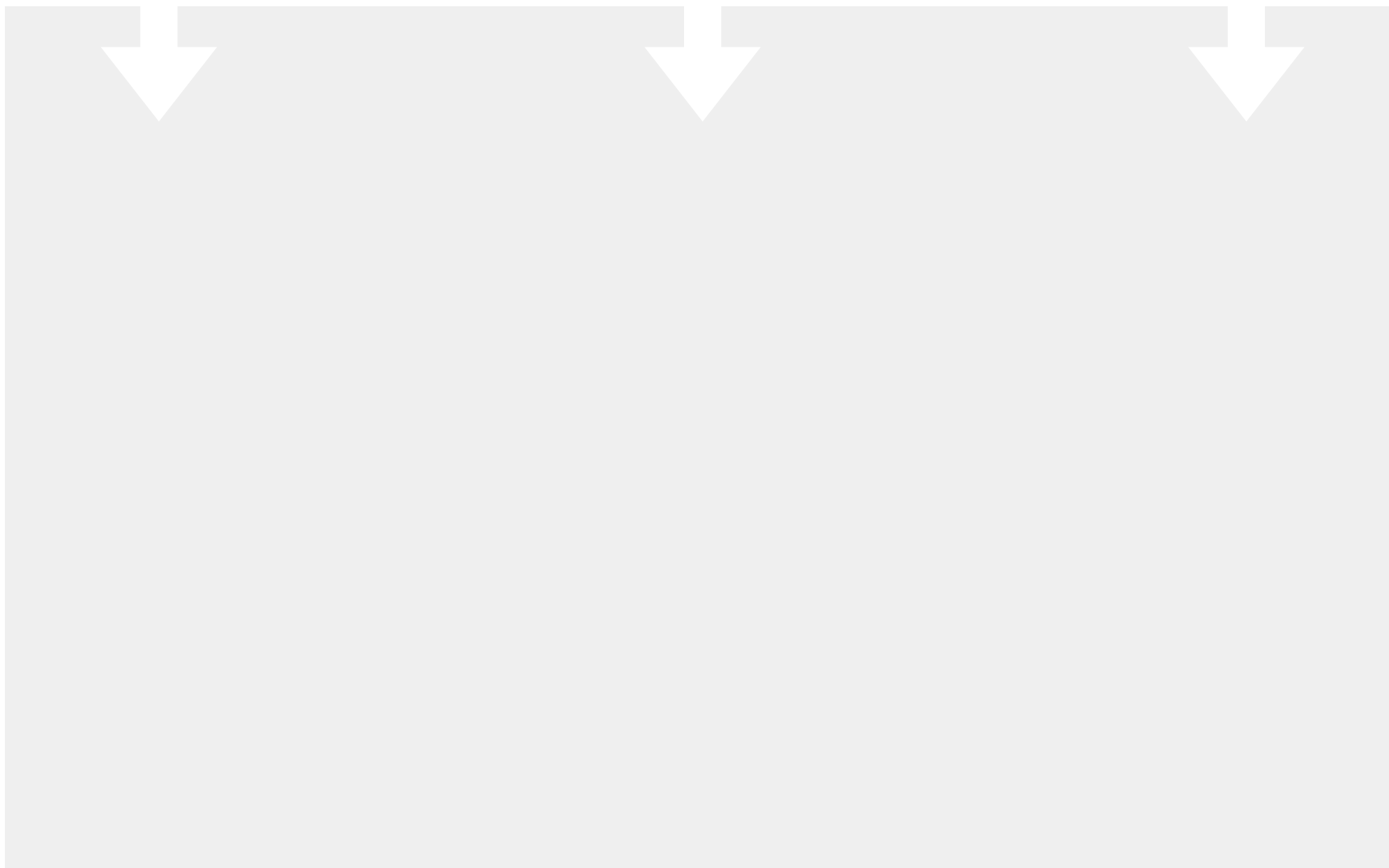
Root it out.



Calm

New Story

Derisk

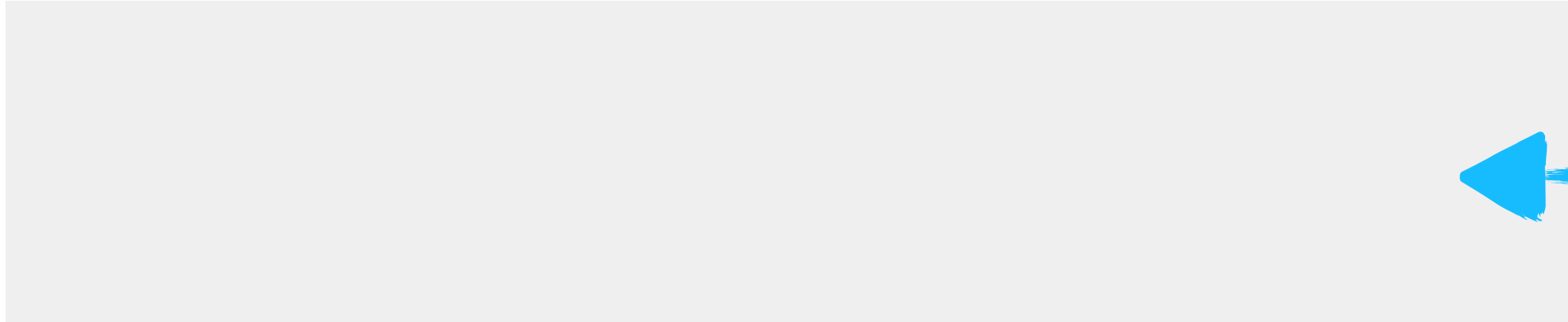


Write down fears

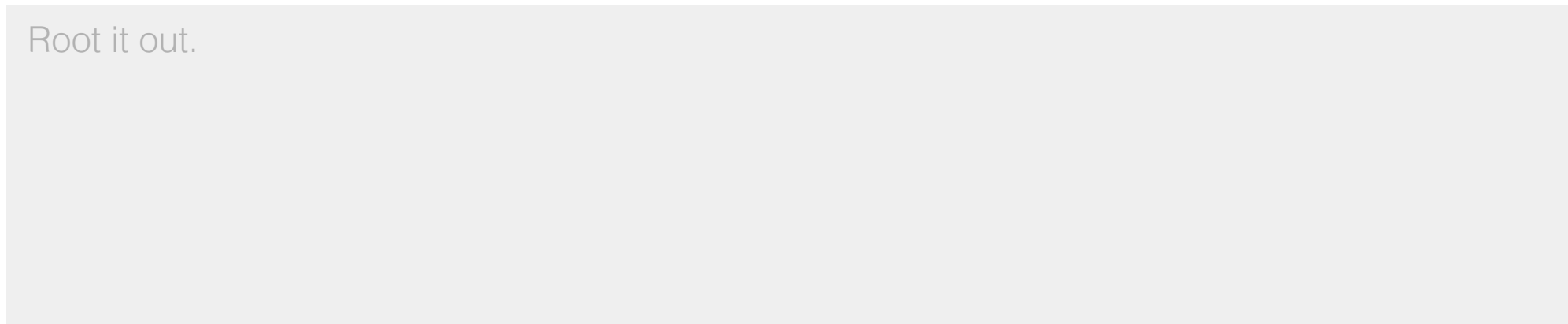
- What scares you.
- What makes you feel vulnerable?
- What feels risky?
- Five minutes.

Scared Stiff

What fears, judgement, and limiting beliefs are holding you back?
What feels vulnerable? What are the risks? Share these voices.



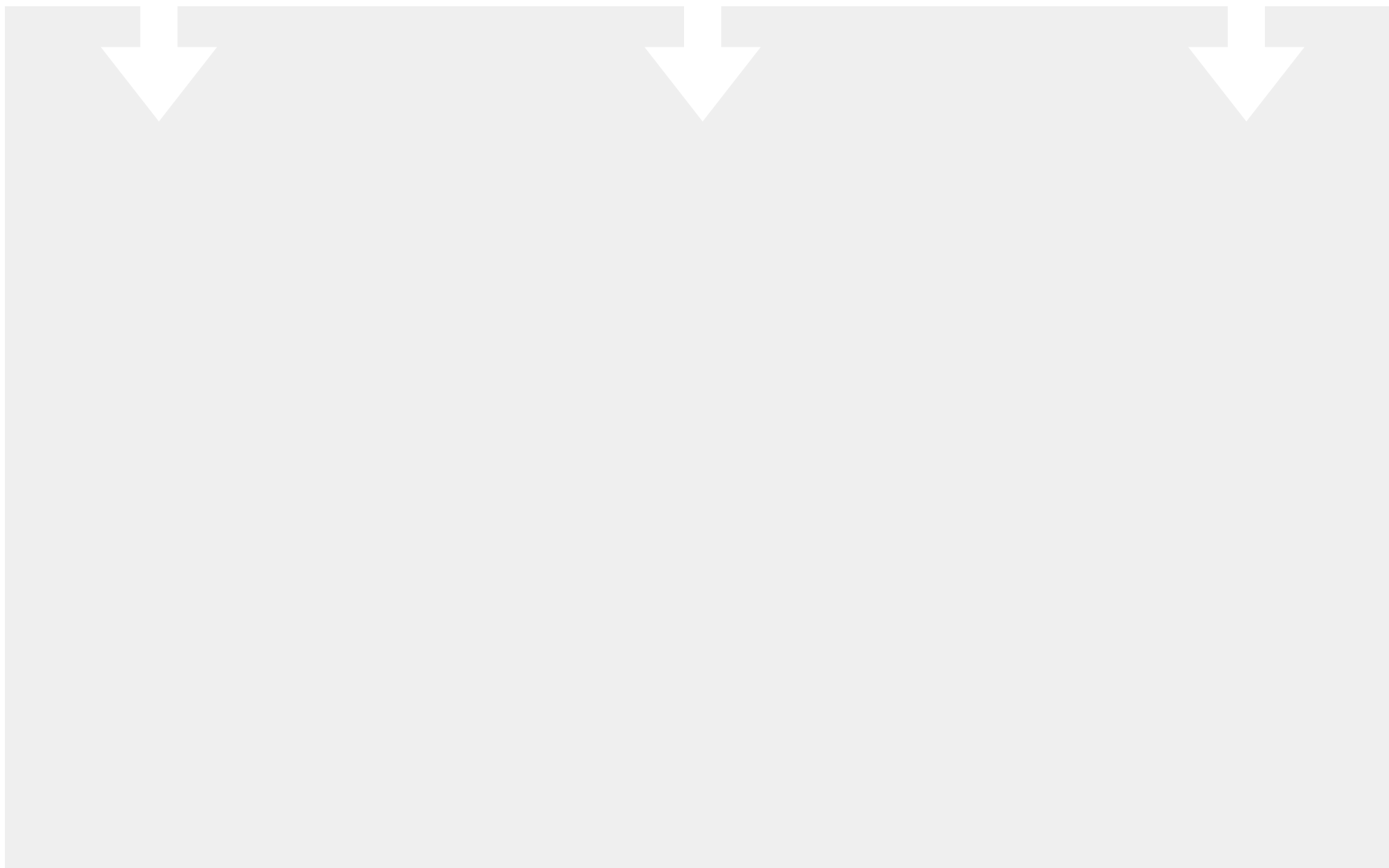
Root it out.



Calm

New Story

Derisk



Select One Voice

Work on one voice that gives you the most resistance.

This voice might be represented by multiple expressions.

Scared Stiff

What fears, judgement, and limiting beliefs are holding you back?
What feels vulnerable? What are the risks? Share these voices.

Root it out.



Calm

New Story

Derisk

Get to the root.

Ask “why?” and explore
the outcomes that
scare or worry you.

Five minutes.



Drill Tip

Getting to the root is easier when working with a partner who will help ask questions.

Scared Stiff

What fears, judgement, and limiting beliefs are holding you back?
What feels vulnerable? What are the risks? Share these voices.

Root it out.

Calm

New Story

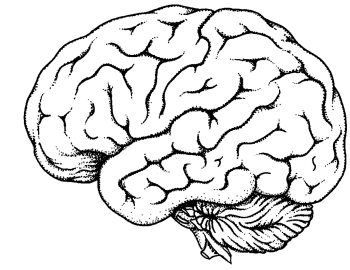
Derisk



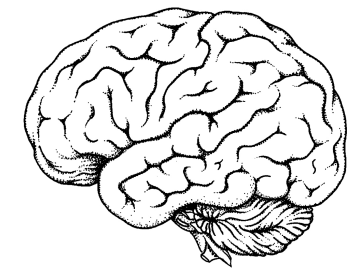
Address the Root

Select a tactic to give
you power over the
thing that scares you.

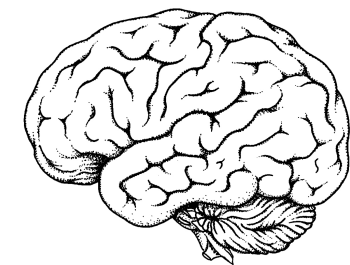
Calm



Meditative

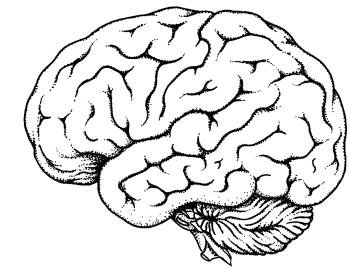


Superpowers Drill

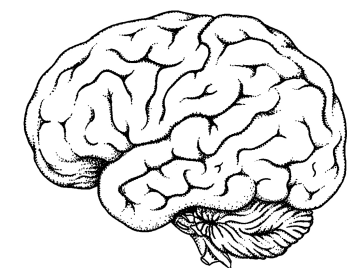


Alter Ego Drill

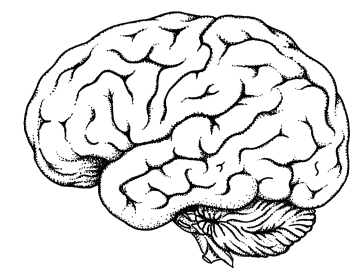
New Story



Bold-Case Scenario

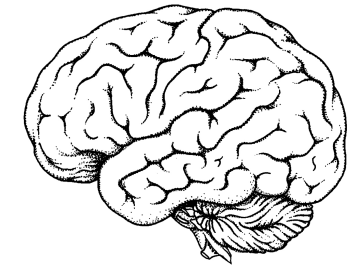


Headlines

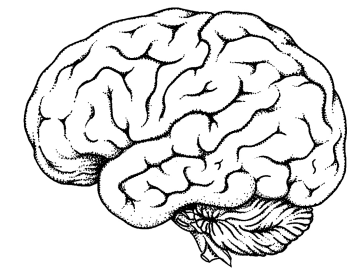


New Biz Card

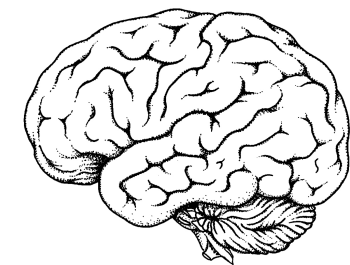
Derisk



Jedi Council



Smallify



Prototype

Scared Stiff

What fears, judgement, and limiting beliefs are holding you back?
What feels vulnerable? What are the risks? Share these voices.

Root it out.

Calm

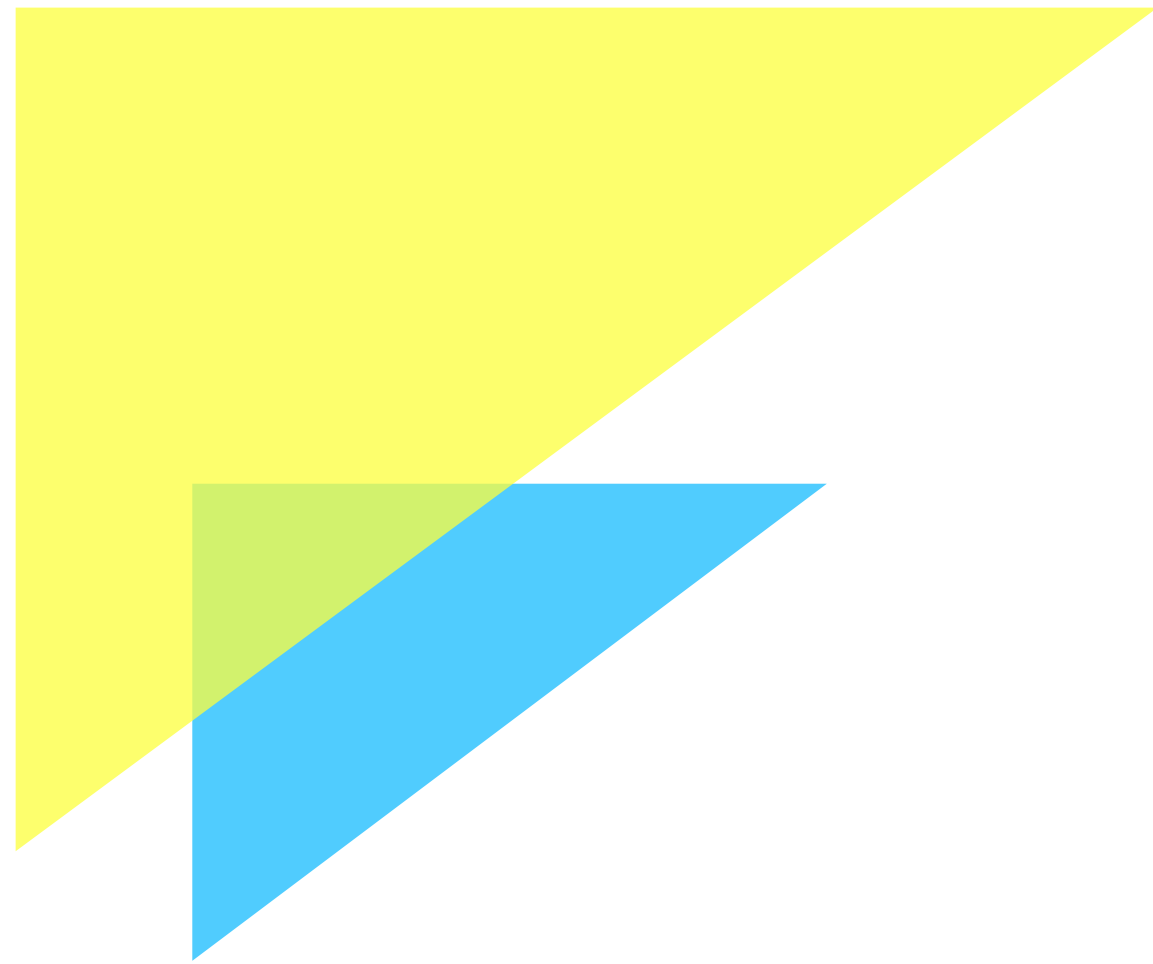
New Story

Derisk



Address the Root

When facing fears, it helps to work with a partner or small group.



Let's Get Started

Give yourself space to not feel rushed or distracted. Airplane mode!