neurogym™

Winning the Game Of Fear Workbook

Your Workbook

On this training webinar, you will learn:

1. **How to recognize and release your most deeply rooted fears… Those you are consciously aware of like fear of failure and ones that are buried deep in your non-conscious mind like fear of disappointing others or fear of success or of not being good or smart enough.**

2. **Why certain fears are good for you and how to quickly notice what is "good fear" and what is "dangerous fear" so you can stay safe while going after your biggest life dreams.**

3. **The latest brain research showing how you can master your fear emotions instead of being a victim of them and paralyzed into not taking the actions needed to reach your goals.**

4. **How to take your biggest fears and turn them into your fuel for unstoppable success.**

DO THIS NOW:

For 3-5 minutes, write down and clearly imagine what your life will be like when you release your most deeply rooted fears. Get a clear mental image of what that looks like. On the training, *I will show you how to make that image your new reality.*

_____

_____

_____

_____

_____

© 2016 NeuroGym. All rights reserved.

Identify Your Fears of Success

Circle the fears below that apply to you.

- It's very lonely at the top.
- Disorientation of leading versus being in the group.
- There are responsibilities that come with success that I may not be able to handle.
- The fear of the unknown things in a successful world.
- I have a fear of keeping and maintaining success that I create.
- I fear that my drive or passion will be lost once I reach the goal.
- People will try to take advantage of me
- I will have a loss of identity.
- People will become jealous of me and my success.
- People will spread untruths about me if I am successful.
- I will become egocentric and forget core human values.
- I will lose my ability to take additional risks.
- I won't be good enough to follow-through.
- Unsure if I will be able to continue to lead once I become the Leader.
- I will not be able to continue creating and be innovative.
- Fear that once I get there, I won't really want it after all.
- I fear that having all the success I want will not satisfy me.
- Fear that the amount of work it takes to be successful would consume all my time.
- I fear that my current relationships will suffer Success will change me and I will lose the love of family and old friends.
- I will lose all privacy and the safety of anonymity.
- I will be uncovered as a fraud.
- My friends won't like me anymore.
- I cannot succeed on my own.
- Success will bring too many demands of me and I will be in overwhelm.
- Success will bring feelings of guilt.
- I will feel selfish and gluttonous.
- I cannot handle the responsibilities that come with success.
- I don't have the focus I need to maintain success.
- People will abandon me.

Add your own:_____

_____

_____

_____

© 2016 NeuroGym. All rights reserved.

Identify Your Fears of Failure

Circle the fears below that apply to you.

- I fear what will people think of me if I try my best and fail.
- I'll prove to myself my low self worth.
- If I fail, I will not be love-able.
- My friends and family will lose respect for me if I fail.
- If I blow it, I will never get another chance.
- I will lose even more respect for myself.
- Another failure will destroy what little self-esteem I have left.
- If I stick my neck out, it may or will get cut off.
- I'll have nothing left if I fail.
- Fear of ending up just like my Father/ Mother/Uncle.
- Fear that I am INADEQUATE.
- I will be rejected if I attempt and fail.
- My family suffers with me if I fail.
- Fear of exposure: I will be vulnerable to others.
- Fear of proving that I'm nothing special after all.
- I fear proving that I may not be as brilliant, smart, astute, deserving or as good as others If I fail.
- I fear that I won't have enough energy, money, self-confidence to pick-up and start something new AGAIN if I fail.

Add your own:_____

_____

_____

_____

© 2016 NeuroGym. All rights reserved.

Turn Your Fear Into Fuel

Emotion

- Stuck
- Uncertainty
- Safety
- Run Away
- Shame/Guilt
- Self Doubt
- Procrastination
- Excusitis
- Lack of confidence

Fuel & Fortune

- Confidence
- Certainty
- Action
- Productivity
- New Beliefs
- New Habits
- New Emotions

R.P.C. **L.P.C.**

Not Smart / Good / Skilled / Worthy/ Pretty Enough

© 2016 NeuroGym. All rights reserved.

Notes

© 2016 NeuroGym. All rights reserved.