

# DARE TO DREAM

Mastermind Coaching Experience

## Fear of Failure Exercise

The fear of failure can come up a lot when we are faced with taking action or making decisions.

Please use the written form or the guided meditative hypnosis version I created for you as much as needed to support you on your never-ending journey.

1. Write a list of one or all the areas that you feel that you have failed in or at.
2. Ask yourself: "Can I know without a shadow of a doubt that I have failed at this?"  
"Do I know for sure that this should not have happened?"

*Practice self-compassion:*

3. I forgive myself for buying into the belief that I'm a failure.

Here are some examples:

The truth is... "how amazing it is that I am brave enough and willing to take these risks/actions that others just aren't able to take."

The truth is... "that only through my own life experiences and actions that I take am I able to learn and am able to grow the fastest."

The truth is... "I can't control what other people do or say or act or think."

The truth is... "I deserve the same amount of forgiveness and love and compassion as others."

*Notice what it feels like in you body now after having written out your truths.*

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4. What worked about the actions you took?
5. What did you learn?
6. What didn't work?
7. What is a different action/thing to do/way of being you can take on for next time?
8. From this space, what is the next best action for me to take right now?
9. What do I want to be acknowledged for right now?
10. Please share what you got with the group, thank yourself for showing up today, for your inner wisdom, and for who you are.

Sending peace,

Leslie