



FOUNDATIONS OF
Nourishment
& Self Care

Fear Experiences

Fear Experiences

Life Assignment

Notice how fear feels in your physical body – as well as any impulses you have to squash or mute it. Practice welcoming your fear as a sign of aliveness.

What's It To Me?

REACT: What strikes me?

DIGEST: What about it strikes me? How do I relate to this?

Feelings?

Yearnings?

APPLY: What are the implications of this in my life?

ENVISION: What long-term influence could this have?

Fear Experiences

Fear Experience

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Unpacking the Fear Experience