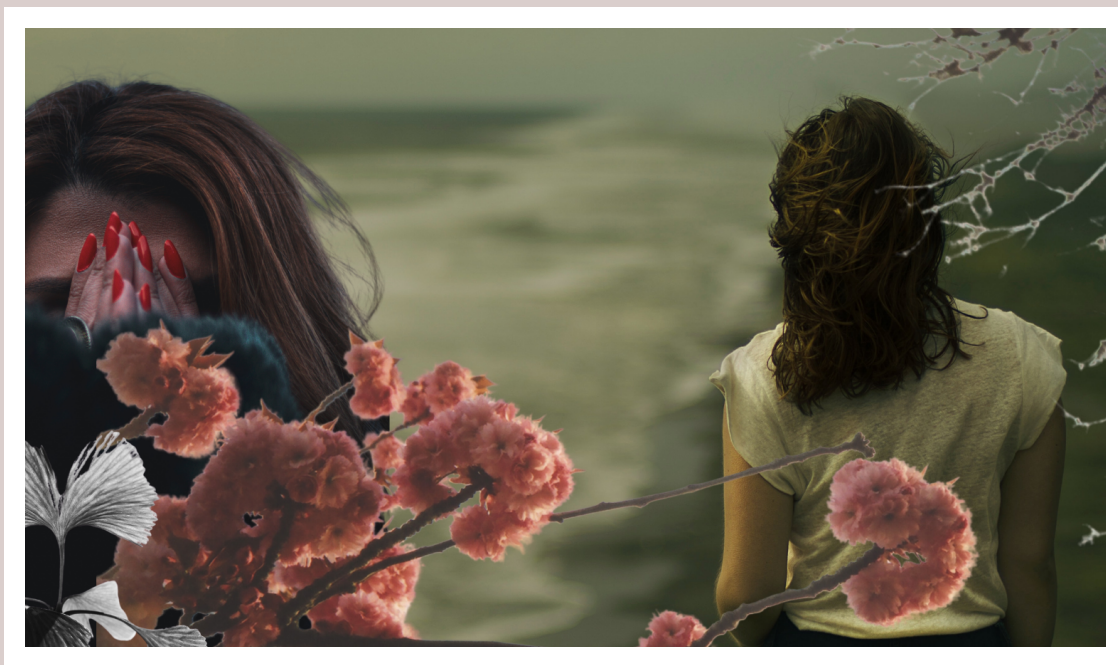


FROM FEAR TO FLOW

D a y 1



F i g u r e O u t Y o u r F r u s t r a t i o n s



Photo A

Not Facing Fear = Forever Frustrated

Frustration takes place when you find yourself not being able to flow. There's a buildup of energy or magic that wants to be expressed but is being repressed.



Photo B

Which photo are more drawn to – Photo A or B? What about her and her situation do you relate with the most? If you're not drawn to either, why do you think this is so? Don't think too much about it. Just start writing below:

Examples of not flowing

I

You may be choosing to stay at your job even though there's no true satisfaction, just a paycheck.

2

Instead of taking real action and starting your own business, you've been using your free time to 'get inspired' on social media.

3

You've been in the same relationship for years but you're constantly feeling ignored or disrespected.

What's an example of not flowing that you see in your own life? Is it possible you might be sabotaging yourself in some way? Often times this can be hard to recognize since you're in the middle of it, experiencing it directly. Now's the time to be honest with yourself. Dig deep.





Other ways to
describe frustration:

upset
stuck
mad
unmotivated
angry
attacked
annoyed
victimized
ignored
doubtful
disappointed
uncertain
lacking confidence
sad
down
indecisive
defeated
discouraged
blocked
confused
apprehensive
unsatisfied
perfectionism

Pick ONE word from above that describes how you've been feeling the most. If this word lived in your body, where would it reside? What does it look and feel like? Ask it: *"Why are you choosing to live here, at this time of my life?"* Write everything you hear in your mind, right now.



Now's the time to be honest with yourself.
— Look at what's been frustrating you, depleting
your energy, producing sadness, stifling your
creativity, or even causing illness.

1.

Has anything been particularly
frustrating? How? Let it out.

2.

Do you feel your energy is being
depleted? What might be causing
this?

3.

Have you been feeling sad, unhappy,
maybe numb? What's going on?

4.

Do you feel you've been denying or
stifling your creativity? In what ways?

Which question(s) do you relate to the most - #1, 2, 3, or 4?

Go ahead and answer it here:

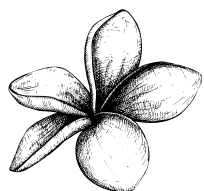
What do you see, sense, and feel?



oracle reveal

Use this as an opportunity to go even deeper. To help yourself heal and open up. Don't think too much. Just *flow*: How do you relate to these women? Why do you think they're upset? Do you feel the same or different and in what ways? How can you help?





The good news?

You're not alone.



Now, if you could talk to anyone in the entire world, even a loved-one who's passed on, what would you want to hear from them? What would you want them to say to you about how you've been feeling? Close your eyes and listen. Write it all out...

Possible fears:

Public speaking
Asserting yourself
Making decisions
Intimacy
Changing jobs
Being alone or lonely
Aging
Driving
Living
Dying
Losing a loved one
Ending a relationship
Staying stuck
Making friends
Going back to school
Making mistakes
Becoming disabled
Being judged
Not being able to cope
Making the wrong choice
Failing/succeeding
Getting hurt



Now it's your turn:

Which of these fears do you resonate with most? Can you think of any other fears that might be surfacing in your life?



Now, it's time to confront your fear(s).

Which of the the following fears below do you resonate with the most, #1-5? Why do you think that's so? Did you experience something when you were younger that's still around? Do you think someone brought you down? Have you perceiving your reality more negatively? What's going on?

Write ALL about WHY you think you're experiencing this fear:

I

Fear of rejection or judgement

You may be afraid that if you go for something you're not going to be accepted or understood. You think people might be harsh, may laugh at you, or there won't be any support.



2 Fear of failure or success

You might feel as though failing would be the absolute end and you won't be able to face it again. Or perhaps you feel success will be too overwhelming, being in a spotlight with so many responsibilities.





3

Fear of change

Living in a certain circumstance or relationship for so long, you might feel terrified to change because you're used to your habits and cycles (even if you know it's unhealthy for you).

4

Fear of making the "wrong" decision

Fear of making the wrong decision can stem from feeling like you won't be able to handle an outcome. So you'd rather not make a move at all since it appears safer to just stay put.



5

Fear of pain or being vulnerable

If you've ever experienced a traumatic, scary or hurtful situation, this may still be affecting you. And you might feel that getting out of your comfort zone a bit would be just as intimidating.



Again, write *all* about WHY you think you're experiencing this fear:

FROM FEAR TO FLOW

Turnaround Technique

TABITHASTITT.COM

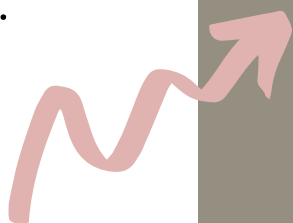


It's important to really use your imagination here.

Imagine someone you really love and care about is dealing with the EXACT same thing you're experiencing – the same fear, uncertainties, circumstances, etc. What would you tell this person that you love so much? Write to them here:

There's more
good news...

You're *fully*
in control.

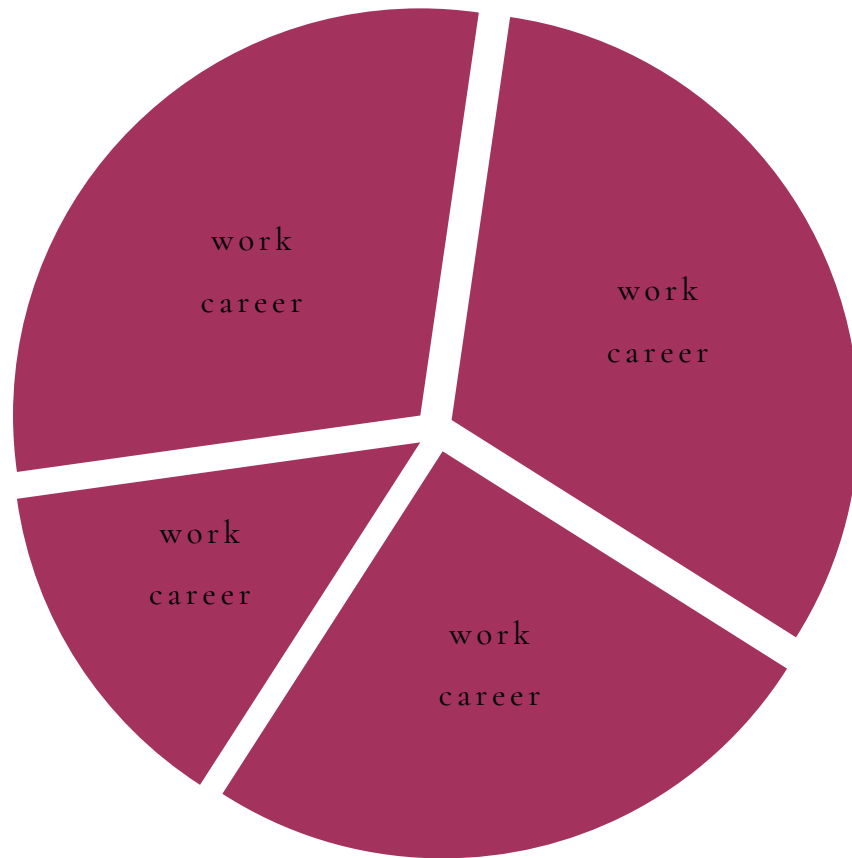


You have an innate
power within that no
one and nothing can
ever take from you.

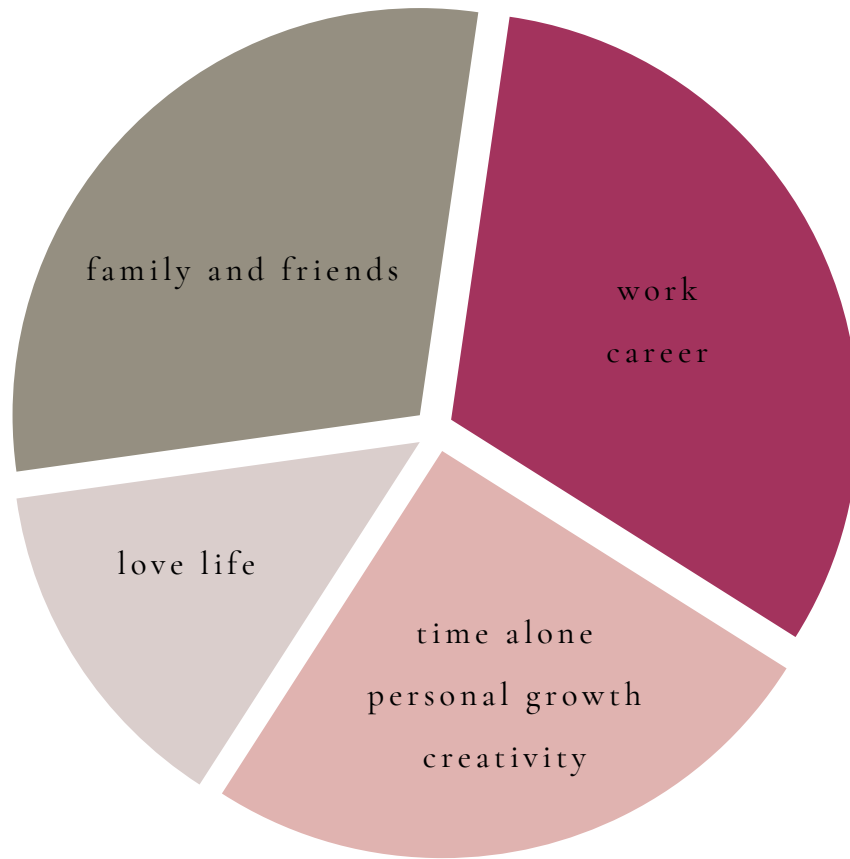


List and explain 3 ways you're powerful
within. Think about your talents, natural
strengths, gifts, experiences, etc:





When you focus solely on ONE area of your life, it puts too much on you AND that particular area of your life. It creates a sense of neediness or emptiness if it doesn't work out the way you want or intend. Is there an area of your life you've been putting TOO much pressure on? Be honest:



*You have SO many areas of your life that can create happiness for you.
What areas of your life can you spread more love to? How can each area give you
reassurance and support? How can you find satisfaction and joy?*

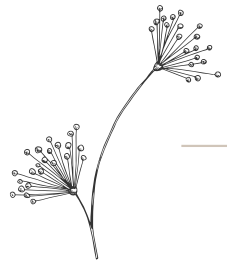
A large, empty rectangular box with a thin black border, intended for handwritten notes or reflections.



1. I've been fearful because...
BUT now I know...

2. I've always been curious
about...
So I'm going to try it out by...

3. I know in my heart I'm
meant to...
So I'm going to...



It's time to transition! Keep moving
forward, further away from frustrations and
fears and into *your truth; your flow.*

Fill in ALL 3 of these responses below.
Don't think too much. Just flow...



Go-For-It Goal Guide

Without setting a goal,
you won't grow.

Create a goal for yourself that
relates to your doubt,
frustration, fear.

(You can change it later
but commit for now)



GO - FOR - IT GOAL GUIDE

My goal:

Specifically, I will:

I'll be able to
determine if I've
achieved this goal by:

1

2

3

Begin vlogging (video
blogging).

Write, record and publish a
single video on YouTube this
week.

Setting up an account and
actually publishing the video
on YouTube.

My goal:

Specifically, I will:

*I'll be able to determine if
I've achieved this goal by:*



GO - FOR - IT GOAL GUIDE

This goal is going to help me move out of my comfort zone because I'm going to:


I know I can achieve this because:

This is realistic and means a lot to me because:

4

5

6



Have to learn new technology on my computer and practice being in front of a camera.

I'm smart and determined to make this work and I know I can handle it!

I feel in my heart it's my purpose to share my message even though I'm scared and in doing so I'll help others heal, ultimately transforming their lives and my own!

This goal is going to help me move out of my comfort zone because I'm going to:

I know I can achieve this because:

This is realistic and means a lot to me because:



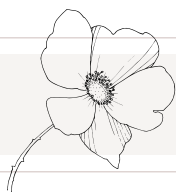
GO - FOR - IT GOAL GUIDE

I'm going to achieve
my goal by this date
and time:

7

On Day 4 of this week by 9pm

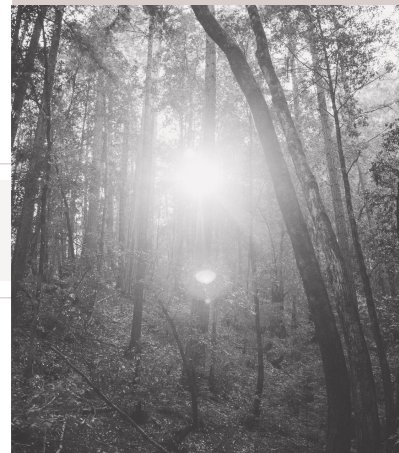
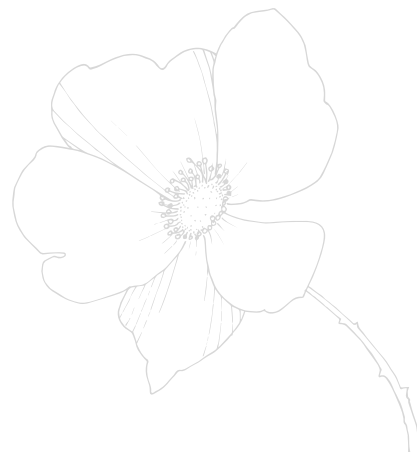
My motto to keep the
momentum flowing:



"I am confident, calm and
in charge of my future."

*I'm going to achieve my goal
by this date and time:*

*And my motto to keep the
momentum flowing:*

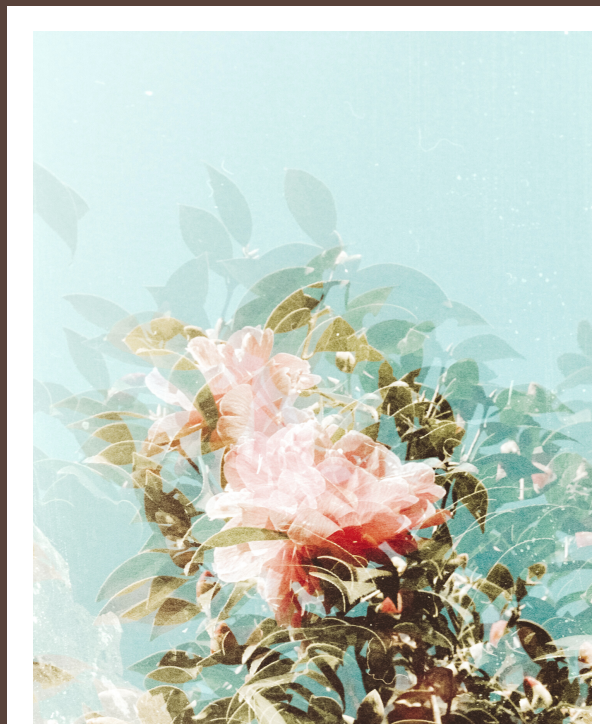


YAY!

You should feel incredibly proud of
yourself for getting to this point.

Because starting is the hardest part.

And you did it.



How do you feel? ALL feelings are okay!
What's one thing you're proud of so far?