

FREE WORKSHEET

From Fear to Freedom

Three tools from *From Pain to Purpose, Fear to Freedom*, with space to work through them.

1. See fear for what it is

FEAR: False Evidence Appearing Real. "Imagine walking across a 12-inch wide board on the gym floor—easy, right? But now, picture that same board elevated 20 feet above the ground. Suddenly, the task seems impossible." The board hasn't changed. Only your focus has. *"You get what you focus on."*

My "board": the thing that feels impossible right now

The imagined "drop" I keep focusing on

The success on the other side, if I keep my eyes there

2. Why suffer twice?

"Worry focuses on potential problems over which we have no control... The fear of the unknown often feels worse than the event itself. **Why suffer twice?**" Focus on what you can control: your actions, your mindset, and your commitment to growth.

What I'm worried about that I can't control

What I can control today

3. Harness your thoughts: 5 steps

Step 1: Recognize the dominant thoughts

Write the top five thoughts you think about most. Do they lead toward the outcomes you want?

My top 5 thoughts	Leading me toward my goals? (yes / no)
1.	
2.	
3.	
4.	
5.	

Step 2: Link your thoughts to your results

Which of these thoughts is behind a result you don't want?

Step 3: Interrupt negative patterns

When a negative thought starts, "stand tall, breathe deeply, or shift your posture." My pattern-breaker will be:

Step 4: Ask empowering questions

- "How can I turn this challenge into an opportunity?"
- "What can I learn from this situation?"
- "What action can I take today to move toward my goals?"

Step 5: Take ownership of your thought life

"If you don't take action, nothing will change." One action I'll take in the next 24 hours:

Keep these reminders close:
"Fear is temporary; growth is forever."
"Worrying is like a rocking chair—it gives you something to do but gets you nowhere."
"Every challenge is a hidden opportunity for greatness."

Bonus: a 4-step process to solve any problem

Step 1: Define the problem or challenge

Spend no more than 20% of your time here. “The more you focus on the problem, the more you risk reinforcing it in your mind.”

Step 2: Create a positive, empowering question

Phrase it with positive expectancy and enjoyment. Example: “How will I improve my focus at work, stay on task, and enjoy the process of staying productive?”

Step 3: Get excited and visualize

Picture life once the challenge is behind you. How will it feel?

Step 4: Focus on the question and keep positive expectancy

Read your question several times a day and stay open to ideas. Ideas that came to me:



Want the whole journey from pain to purpose?

From Pain to Purpose, Fear to Freedom by Robert Anderson Love Wins.
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