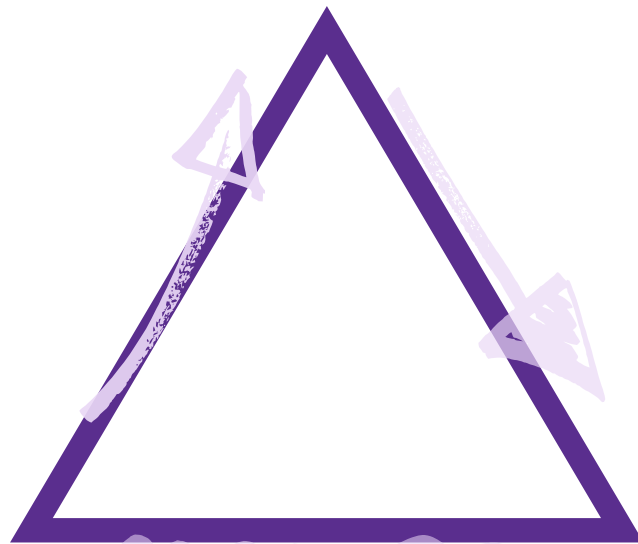


# WORKSHEET

## CONNECT

to the Fear



## OPEN

to the Emotion

## GROW

by addressing  
the Challenge

Use the 3 magic questions to assist you during the reflection process:

1. Where do the thoughts or fears come from?
2. Is the fuel you're adding intrinsic or extrinsic?
3. What are you going to do about it?



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