

Module 2. Embrace the Shadow

Worksheet: Identifying blocks caused by fear

The first step to clearing fear is to get in touch with the feeling nature of it, and to put a name to it. Remember fear is just energy that is trapped in your body. If you can name it and look at it you are half way there. The second step is to see it for what it is, and let it go.

Check of any or all that apply. Rate from 1 - 5 (1 being a minor issue, 5 is a consistent issue)

I am holding fear around the issue of, or feel the need to clear:

- Doubt and fear
- Fear of change
- Money zapping decisions
- Growth
- Rejection
- Indecision
- Feeling stuck
- Fear of success
- Speaking up, voicing my true opinions
- Being heard
- Feeling less than
- Getting clear on my values
- Clear clutter
- Clearing family blocks
- Discover the ultimate me
- the ability to prepare for the future
- Self sabotage
- Lack of self worth
- My financial mess
- Need to clear financial illusions
- The fear of scarcity
- Blocks to allowing abundance to flow
- Being left behind -- not making the transition with everyone else

- ___ Some days I'm triggered by everything.
- ___ Other days I feel disconnected from my life.
- ___ Not having enough money for the basics and to do what I feel called to do.
- ___ The feeling of being scattered or not feeling all of me is together in this!
- ___ That I won't be able to heal my physical and emotional bodies.
- ___ Completely stepping into why I am here
- ___ Finances-how to pay bills each month
- ___ Not living or fulfilling my purpose that I am deceiving myself from the truth.
- ___ Remaining calm in the mist of chaos.
- ___ Being stuck emotionally physically and spiritually
- ___ Feeling unwanted, untrusted
- ___ Fear of making a wrong decision
- ___ I don't know what my triggers are

What is not on this list that should be? Describe what holds you back from experiencing what you truly desire.

List your biggest blocks from the list above:
