

FREE TO BE

Understand, Embrace and
Overcome Your Fears

ELISA ✨
Verrani ✨



1 Introduction

"Courage, like fear, is a habit. The more you do it, the more you do it, and this habit—of stepping up, of taking action—more than anything else, will move you in a different direction."

- Tony Robbins

Welcome! 😊

I am so happy to meet you and to facilitate this workshop with you

Hopefully I will help you understand your fears and facilitate the release of your fears, with awareness, choice and commitment.

The one thing I would like to share with you straight away is

PLEASE DO NOT BE HARD ON YOURSELF

All of us have fears, never be embarrassed about your fear.

- Be aware of it
- Ask yourself what is the fear telling you
- Get to know it
- Laugh about it
- Embrace it
- Talk about it!

This will empower you, because if we let it, it can keep us in our comfort zone, which prevents us from reaching our true potential.



2 What is Fear



Fear is your emotional guidance system trying to get our attention, alerting us that what we are feeling is not serving us well. These negative emotions are hints from our Higher Self that it's time to make some changes in our life. All of our fears, fear of rejection, fear of failure or fear of change, are based on our limiting beliefs. Limiting beliefs are the stories we tell ourselves about who we really are. But those stories can be changed :)

Fear can protect us from danger and motivate us to do the right thing. But at its worst, fear can hold us back from reaching our full potential.

Fear can be of failure, of rejection or fear that we're just not enough. Fear of public speaking, of the unknown, of the dark, of flying, of exams. Fear of trusting...

Did you know that even the most successful people have fears?

Successful People who faced their fears (I listed a few below, but there are so many!)

Zac Efron: after starring in High school Musical that made him very popular, he found the prospect of playing a Marine in The Lucky One very daunting. Coming from a musical background it was a very different role, with lots of work to do, as a result overwhelming and he was scared of failing. But The fear made him realize he was on the right track.

Richard Branson has a lifelong dread of public speaking. But he is the face of his company Virgin 😊

The Resolution: Branson relies on mind games to get him through his numerous speaking gigs. He forces himself to imagine he's in his living room, chatting with pals. He spends weeks writing and rehearsing seemingly off-the-cuff speeches. And he relies heavily on videos and Q&A's to shift attention elsewhere.

His methods have been so successful that now he delivers speeches on The Art of Public Speaking."

Did you know that Adele has stage fright? How does she manage it?

She assigned herself an alter ego, Sasha Fierce. Unlike Adele, Sasha Fierce is...fierce, and she does not know what performance anxiety is.

It's a psychological hack backed by science where you distance your feelings from your behaviour by assigning the feelings to a third person, in this case, an alter ego.

Fear is a funny thing, it's something a lot of us avoid at all costs, but it's also something, if confronted properly, that can help us achieve our biggest dreams.

3 NOW I would like to know about YOU



Right now if there's an area of your life that's not working for you. What is it?

What area of your life do you want to change?

When you think about taking control of that area of your life, what's your biggest fear?

In any area of your life that's not working, fear is winning. You can either let the uncertainty and the fear around the thing that you're facing trigger your old patterns or you can learn how to move forward in a way that actually gets you what you want

How do you feel when you are afraid?

And what do you do with that feeling?

Do you avoid it?

Or?



4 How to overcome FEAR?



You can take that feeling, turn it on its back and use it to drive you to all the places you've ever wanted to go

View the fear as a piece of information instead of a threat to your survival. When you use it to your advantage, it can't ruin your life. In overcoming fear, it becomes your ally a critical source of guidance to reach your full potential.

1. The key is awareness.
2. Slow down, listen to it, do not avoid it!!!

I want you to adopt a practice that will help you slow down.

Any practice that gets you paying attention to what's going on around you and inside of you is going to engage with the part of your body that keeps you cool and helps you relax. When you are running on stress level all day you will never understand.

This impacts your ability to get clarity on what you really want and what you have to do to get it.

BELOW SCIENCE-BACKED HABITS THAT ARE PROVEN TO GET YOU IN TOUCH WITH YOUR INNER WISDOM and slow down

1. Take a walk in the woods or get out in nature
2. Take ten deep breaths
3. Take a long bath
4. Do a detox from the news and social media
5. Spend at least 30 minutes working on a creative hobby or journaling
6. Spend time with family and friends who support you
7. Say 5 things that you are grateful for in front of the mirror
8. Meditate for 10 minutes
9. Engage in relaxing exercise
10. Sit in silence for 15 minute

Now that you have identified why you have a fear, you will need to give your power and energy to solutions!

4 How To overcome FEAR?



3. Goal Visualization is one of these solutions.
Do you visualize?

How? When?

You'll condition your brain to believe that anything is possible , a key step to overcoming fear.

If you want to see your dreams come true, it starts with the courage to state them without diminishing them.

State your dream here, proudly, in detail:

Write down one thing that you would love to have in your life:

One Tool by Mel Robbins that really works it is the 5 second rule

When you feel an urge to work on a goal, your heart is trying to tell you that there's something you need to do. You then have a 5 second window to get started on that goal before your brain talks you out of it and could go in to doubt or fear mode

5 How to overcome FEAR?



4. Use that 5 second window to do the following:

- Start counting backwards to yourself from 5 to 1: 5-4-3-2-1.
- As soon as you hit "1", push yourself to move. You have to take physical action!

As you count down from 5 to 1 you'll be distracting your brain from coming up with reasons why you should do something else instead

In addition, you'll be placing all your focus on the goal that you're trying to get yourself to work on.

Counting down from 5 to 1 is a starting ritual. It will interrupt old behaviour patterns and trigger new ones.

- "That sounds really hard to do."
- "What if I fail?"
- "I've tried this before and didn't follow through. What makes me think I'll follow through this time?"
- "It's going to take a lot of work."
- "Maybe I'm not smart enough to do this."
- "What if I make a fool of myself?"

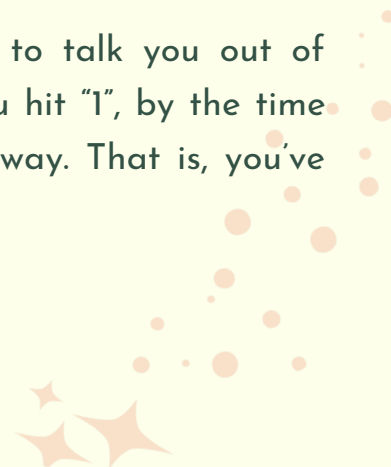
These negative thoughts lead to avoidance. What you need to do is to bypass those negative thoughts. That's where the 5 second rule comes in.

When you count backward- 5 4 3 2 1 - the brain stops thinking (because it's concentrating on counting backwards), just for a few seconds. But those few seconds are enough to start acting.

Remember, if you hesitate you give your brain the opportunity to talk you out of acting. But if you count backward and start acting as soon as you hit "1", by the time your brain figures out what's happening, you're already on your way. That is, you've overcome procrastination.

Thank you!

Any questions?





Elisa Vezzani



www.freetobevision.com

elisa@freetobevision.com

+44 7944 626306

