A hand is visible at the bottom, holding the strings of several pink balloons. The balloons are of various sizes and are floating upwards. The background is a solid teal color. The title 'Fear to Action' is written in a white, elegant serif font across the middle of the image. Below the title, there is a dark purple horizontal bar containing the subtitle 'A WORKBOOK FOR CHANGE' in white, uppercase, sans-serif font. At the bottom center, the website 'JessCarlson.com' is written in a white, sans-serif font.

# *Fear to Action*

A WORKBOOK FOR CHANGE

JessCarlson.com

# REMEMBER THE 5 STEPS

*Don't forget the 5 Steps to Turning Fear into Action*

## **Step 1 - Accept the fear and accept you're experiencing it.**

Name the thing you are afraid of, accept it is a real fear, and be simply feel how you feel.

## **Step 2 - Be honest with yourself about what it is and why you're experiencing it.**

Don't downplay your fear or tell yourself. Be honest about what you're fearful of and why you're afraid of it. Be honest, clear, and specific about how you feel.

## **Step 3 - What's the worst that can happen?**

Imagine up the absolute worst possible scenario that could happen, even if it's incredibly unrealistic. This is the face of your fear in your mind.

## **Step 4 - OK, now what really might happen, even if it's bad?**

Knowing the previous scenario is highly unlikely, what is more likely to happen when dealing with the thing that you're afraid of. Be honest and realistic even if the scene you envision isn't a happy one.

## **Step 5 - Flip the script on your fear and turn it into an action.**

Now that you know what your fear truly is, what can you do to take your power back from it and truly conquer it? Try and think of the exact fear; what is the opposite of that? How can this be an action you can take? It doesn't have to be a single major action; break it up into realistic and doable action steps you can take over time.

## **Bonus - Don't be afraid to use complementary therapies too.**

What are some other tools you can use to help? Some suggestions include meditation, Reiki, crystals, journaling, doing or getting a card reading, tapping... think of anything you have in your spiritual and magickal practice toolkit that you can use to support you.

# FEAR TO ACTION

*Use the prompts on the pages below to help you turn fear and anxiety to actionable change*

I accept my fear by naming it: \_\_\_\_\_

This is how I'm currently experiencing my fear:

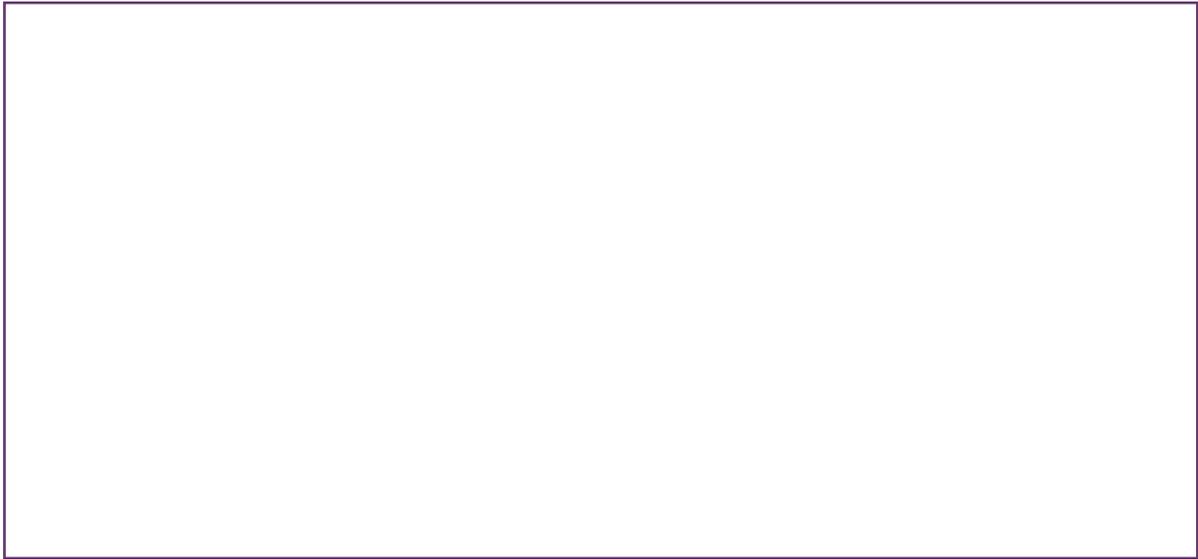
If I'm honest with myself what I'm really afraid of is:

---

I'm afraid of this because:

# FEAR TO ACTION

The absolute worse case scenario is:

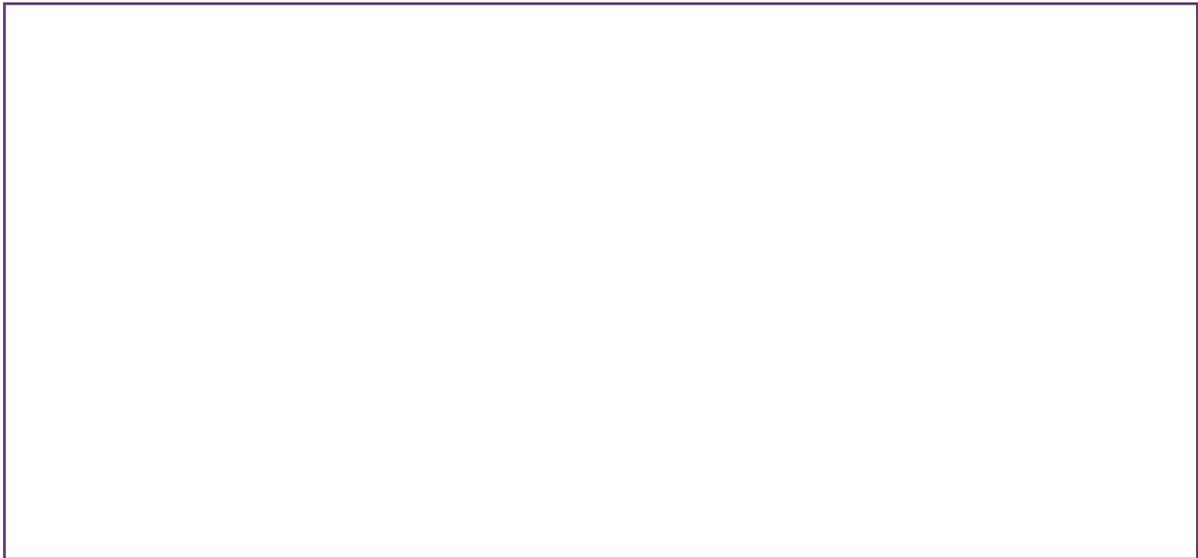


Knowing this is really likely, what might really happen is :



# FEAR TO ACTION

Now that I know exactly what I'm afraid of and why, I can take action to create change by:

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.

Additional therapies and practices that will help include:

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.

## ABOUT ME



*Hi! I'm Jess!*

*Intuitive Tarot +  
Oracle r=Reader,  
Mentor of Mystic  
Women, Blogger,  
Slightly Crazy Cat*

I'm an intuitive reader, Witch, and spiritual activator. My mission is to connect you with the mystical wisdom from your guides, the dead, and the Universe through intuitive tarot and oracle readings and practical magick and ritual. My goal is to give you empowering guidance and advice so you can take inspired action to create the life you want. Exploring the world of mysticism is my passion and making it practical is my job. For free daily readings, teachings, and tips follow me on [Instagram](#) and be sure to keep an eye on my [website and blog](#). If you're not subscribed to my newsletter, be sure to jump on there too for updates, sub only freebies, and surprises from me. You can also get a private intuitive readings using tarot, oracle, and angel cards from me through my Etsy shop, [The Gypsy Soul Reading Room](#).