

5 Days to Freedom from Fear ***Kick-off***



with
Rhonda Britten

5 Days to Freedom from Fear

Welcome to the Kick-Off



WELCOME!

Hey You!

Welcome to our 5 Days to Freedom Kickoff: Discover the Keys to Overcoming Anxiety, Procrastination, Imposter Syndrome & Perfectionism!

You've taken an important step on your journey.

You've said YES to finding freedom from fear.

I'm so excited for you!

Take a second right now and imagine what you could do and who you could be if you were free to **live the life your soul intended**.

In other words, if you lived as you...authentically, passionately, confidently.

What image did you see? How did it feel?

Keep that image tucked into your heart and allow it to keep you on track as you move through 5 Days to Freedom.

Your opportunities during 5 Days to Freedom:

1. Show up. Every day.
2. Watch the Daily Video Training.
3. Download the Daily Workbook.
4. Ask questions in our Online Community. Get coaching.

xo Rhonda

And as we say in Fearless Living, **"Let the Work Work You!."** Now, let's get started....

PS. If you haven't done so already, [Click here to join us in the Facebook Community Group](#). You can use **#fearlesswin** to share your successes or **#fearlessaha** to share your insights – including photos of homework, questions, rambling and more in your posts!

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To make the most of 5 Days to Freedom, it's important that you know you're in the right place. *(By the way, if you're reading this...you're in the right place! 😊)*

To get us started, let me ask you...

Where do you rate yourself on the Freedom from Fear scale? The scale being 1 through 10.

"What even is freedom from fear?" is a rating of 1 and *"Fear is my ally and I can achieve whatever I set out to"* is a rating of 10. And, of course, there's everything in between.

Are you a 5? And want to be an 8? Maybe a 3 looking to increase to 10? Be truthful.

Write down your freedom from fear score today, right now. (I get that it's fluid.):

Great. Whew. We got that out of the way. Good job being truthful.

Now, what do you want your 1 – 10 your freedom from fear score to be 30 days from now?

Yes. Okay. That's doable if...

One more question.

How willing are you to commit to the process of increasing your score?

Come on now. Truth. On a scale of 1 – 10, 1 being "I want it to be magic" to "I'm completely in and gonna show up and do the work 100%" is a 10.

What's your commitment score?

Okay. Got it. Good work. Knowing the truth helps you become free regardless of the score. *(We'll talk more about that on the Kickoff Workshop.)*

Let's keep going...

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In order to increase your freedom from fear score, we need to be sure you have a solid foundation under you before we start the Daily Trainings.

What's a solid foundation? And how do you build one?

These are great questions.

A solid foundation will give you a framework to see yourself, and your day, in a powerful positive light, a framework that works FOR you, not against you. *(More on this in the trainings ahead.)*

In the Kickoff Workshop, I'm going to share 3 foundational principles that we call the 3 Daily Practices. If you choose to use these during 5 Days to Freedom, **the trainings will produce MAXIMUM results.**

Do you want MAXIMUM results? I'd say yes... *(I mean, go big or go home, right?)*

And isn't your time valuable? *I thought so.*

So to get the most out of the time you'll be allocating to watch the Daily Video Trainings and ask questions in the Online Community, I want to ground you in our 3 Daily Practices because this framework changes how you see yourself, how you treat yourself, and how you show up in the world.

If possible, print out the Daily Workbook so you can write down the answers as we move through the Kickoff Workshop. These are the 3 foundational principles I teach all Fearless students. They're THAT important!

Besides the 3 Daily Practices, on the Kickoff Workshop I will be sharing:

- Identify the language of fear.
- How to keep your commitment strong no matter what.
- What you can count on from me and my team during 5 Days to Freedom.
- We'll talk about what we request of you. *(You knew that was coming right?)*
- The schedule for 5 Days to Freedom (Have your calendar ready to write it all down)
- And go over your first assignment that's right here in the Kickoff Workbook. In Fearless Living, we call homework Fearbuster Exercises™. *(Woot Woot!)*

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FEARBUSTER EXERCISE #1: 3 DAILY PRACTICES

Go ahead and fill-in-the-blanks (revealed during Kickoff) and answer reflection questions.

1. The most important Daily Practice is _____.

Bonus Reflection Questions:

What makes _____ the most important Daily Practice?

How would your life change if you practiced _____ this daily?

2. If you could give yourself the gift of _____ (2nd Daily Practice), you would be able to....

3. Because you're here, I already know you take on too much _____ (3rd Daily Practice) because you're someone who'd rather blame _____ than blame _____.

Taking on other's _____ is not going to get you sainthood or make others respect you or help you love and cherish yourself. In fact, it's going to do the opposite.

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IDENTIFYING EXPECTATIONS

Complete the following sentence stems. When you are done, place a star next to the statements that have the strongest influence on your life.

My boss expects me to...

My spouse/partner needs me to...

If you really cared about me, you...

If you don't agree with me...

If I tell you how I feel, you should...

I should treat my body...

I think I should be more...

I have worked hard and deserve...

During the holidays, I'm supposed to...

I expect my friends to...

If I were a good person, I would...

My great disappointment is...

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LANGUAGE OF EXPECTATIONS

Circle any of the following words or feelings that come up for you in daily life. This will give you an indication of how often you are expecting things to be different than they are.

DO YOU:

Deny	Whine	Procrastinate
Wait	Deflect	Suffer
Settle	Deserve	Assume
Control	Hesitate	Struggle
Manipulate	Compromise	Compare
Hide	Judge	Worry
Blame	Isolate	Pretend
Defend	Wish	
Complain	Condemn	

DO YOU FEEL:

Bitter	Resentful	Irresponsible
Annoyed	Victimized	Perfectionistic
Entitled	Inconsistent	Ignored
Confused	Disappointed	Indifferent
Guilty	Self-Centered	Self-Pitying
Powerless	Ambiguous	
Irritated	Dissatisfied	

The language of expectation often determines our daily actions and solidifies our beliefs about the way things are, or should be.

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FEAR JOURNAL

What does fear mean to you?

Where does fear show up in your daily life?

What are you most afraid of?

Identify the color and shape of fear.

Where in your body does fear live and manifest itself?

What do you get when you choose fear in your life?

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5 DAYS TO FREEDOM COMMITMENT LETTER

During 5 Days to Freedom, let's be sure you know the difference between being responsible for

_____ versus everyone else.

I, _____, am making a formal commitment to 5 Days to Freedom and declare I will make it a priority during the 5 days and beyond.

Please initial each statement:

_____ I am willing to practice being open-minded and open-hearted throughout 5 Days to Freedom as I listen to others and share myself.

_____ I am willing to practice embracing the 3 Daily Practices and soak in the support available to me.

_____ I acknowledge that in order to see real change I must dedicate the time to take what I learn and practice using it in my daily life. I will block out time in my calendar to take in all the learning I can from the Daily Video Trainings, Daily Workbook, and Online Community.

_____ I am willing to complete the Fearbuster Exercises™ assigned in the Daily Workbook and watch the Daily Trainings so I can integrate the material in my own life with more ease.

_____ I am willing to actively participate in the Online Community on Facebook. I will ask questions when I have them, I will participate when I get stuck, and I will share my insights, wins and homework in the community.

_____ I commit to myself that I am willing to claim freedom as my birthright and do not have to earn it, prove I'm worthy of it, or need another's approval to be the fearless person I am at the core of my being. I say yes finding freedom from fear and am willing to do the work to know it in my bones. And so it is.

Your Signature: _____

Today's Date: _____

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5 DAYS TO FREEDOM FROM FEAR WEEK TOPICS:

Day 1: Understanding the Science of Fear: How Your Brain Really Works

Day 2: Is Fear Having Its Way with You? How to Understand Fear Responses

Day 3: Are Feelings Running Your Life? Discover Which Feelings Are Undermining Your Success

Day 4: Understanding Self-Destructive Behaviors: How You're Holding Yourself Back from the Life You Most Want

Day 5: Identifying Your Trigger: How to Name and Claim What Sets Everything in Motion

HOMEWORK:

Share your homework from the Daily Workbook in the [Facebook Group](#) using the hashtag #fearlesswin to share your successes or #fearlessaha to share your insights – including photos of homework, questions, rambling and more in your social media posts!

SUPPORT:

Go ahead. Ask me anything: [Click here to submit a question](#) anytime during 5 Days to Freedom. We'll do our best to answer in our Online Community.

Join us inside our free community -> [our Facebook Group](#):

Certified Fearless Living Coaches will be supporting you throughout 5 Days to Freedom. They are trained in the tools that I will be sharing and will help you get the most out of each one.

Any questions: Contact Support@FearlessLiving.org. We're here to help!

"Through this program, I am coming back to slowly to love myself more. What a gift I have now. My losses have given me this opportunity to be blessed now with the insight that everything I need can be filtered by slowing down and looking inward at my true self. I am willing to court this paradigm, allowing my intention, commitment, contentment to produce effects which will align my purpose, passion and needs. This course is opening my eyes. Thank you, Rhonda."

- Ron Schatz

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WHAT OTHERS ARE SAYING...

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- Ron Schatz

"I just finished Fearless Living, and it was so incredible. It spoke to me. I carry my intention statement, proactive behaviors, wheel of freedom etc. Thank you so much for caring about others. You are full of experience and wisdom. I am at peace in my mind, and it feels so good. I know myself better, because I know my essential nature (compassion). I am so much more aware of my feelings, and instead of trying to shrug them off, I am acknowledging them and moving through them, even if it hurts; it will hurt sometimes, but I know I will come out stronger on the other side. Thank you so much."

- Traci Halpin, Second Grade Teacher

"This course is life changing if you are READY to be the person you always wanted to be. It will explain the why you are as you currently are and give you a step-by-step process to change your life and become a confident, trustworthy, compassionate, loving human being, to someone seeing the love and beauty in the world, that has been all around us, but were unable to see who hasn't without leaving your old self behind."

- Mike Hotka

"Want the keys to the Ultimate Life? Read Fearless Living. I used to sit around and hope for change. Now, there are no excuses and my life is filled with purposeful intentions! Each page is packed with carefully chosen words that I could actually understand to practice, develop and master change in every area of my life! The results are powerful and measurable. Every chance I get I give a copy to my family, friends and clients. It's like a secret that is just too good to keep!"

- Lynne Donner, Electrologist

"This might be the most outstanding learning from this course. I see now that if I am rejected it is not personal, just that someone disagrees with my philosophies – and the rejection means that I am staying true to me – yea – as opposed to mutating myself to please everyone else. An unbelievable eye opener. My relationships started to change too. Last summer I broke off a 5-year (very unhealthy, unloving) relationship. In it I had mutated to get love, which never came. The result was that my partner and I had to sell a co-owned home around the holidays. I was able to nurture myself thru that difficult and stressful process. As Rhonda Taught me: 'take care of yourself, be gentle with yourself.'"

- Ariana Spillane