Change Your Life in 30 Days

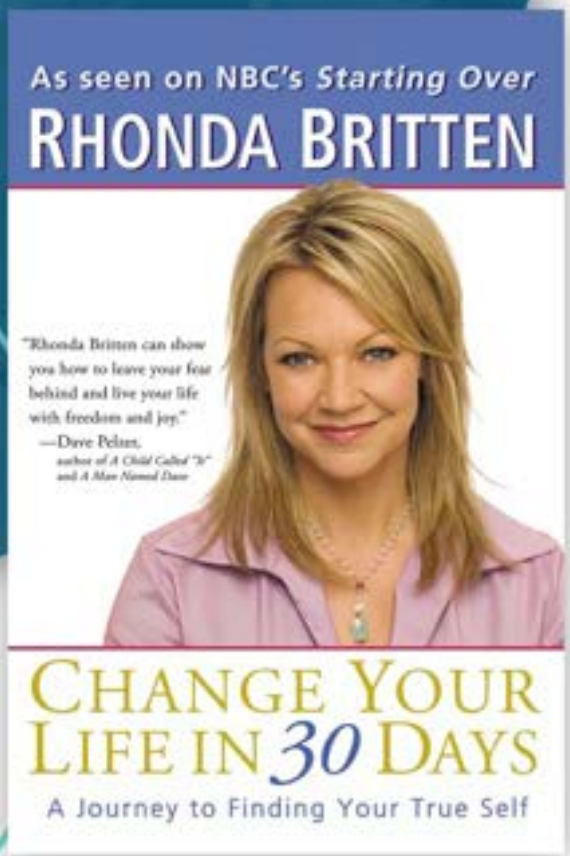
BOOK GROUP MEMBER

Discussion Guide

As the member of the Fearless Book Group for Change Your Life in 30 Days, you will be discussing questions that stimulate conversations, allowing each person the ability to reflect, awaken and shift.

Wanna get Fearless?

Grab the book.
Grab your friends.
Lets Go!



Being Fearless is all about Living the Life Your Soul Intended™

RHONDA BRITTEN
Master Coach

Welcome to the #FearlessLiving Movement!

Yes, this is about YOUR Life. Everything it is and everything you are. This Fearless Book Group Leader Guide for Change Your Life in 30 Days is just an entry point to discover your fearlessness.

What it's really about is spreading your wings and finding your voice, standing up and standing out. It's about you having a vehicle to help you be more you.

The real, authentic you that giggles like a schoolgirl when some mystical experience happens in your life, when synchronicity happens and your life just flows.

The honest you who yearns to lean on your beloved and receive all the goodness love wants to give freely, without reservation.

The hot you that wakes up in the middle of the night yearning for more. More expression. More connection. More light. More true you showing up in every interaction, in every relationship, in every moment.

It's about you being fearless...

When you want to revolutionize your life, it's time to ask questions. Simple questions. Courageous Questions. Inviting Questions.

As the leader of the Fearless Living® Book Group, you will be asking questions that stimulate conversations, allowing each person the ability to reflect, awaken and shift. You'll find everything you need here to get started hosting your own Fearless Book Group.

Let's create a Fearless World together!

xo Rhonda

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Congratulations

You have decided to join a Fearless Book Group.

I am so excited that you chose to say "Yes" to join others to read and hear the life-changing message that "You CAN be Fearless!"

What a Fearless journey you are about to embark on with others while in the Fearless Book Group. I can't wait to see how this will change your life, like it has for so many others.

Choosing to join a Fearless Book Group (FBG) is a transformational, heart-opening, personal growth opportunity; one in which you will start experiencing shifts right away. Think about how your life will be if you can face your fear with more confidence and personal ease. Consider how many doors might open.

By participating in a FBG your confidence will increase and doors will open because flow, synchronicity and faith on your journey happens. Automatically. It can't NOT happen. Plus, you get the added bonus of sharing your journey with like-minded individuals who are walking the same path and who are dedicated to the same thing: becoming more fearless.

And, of course, there's nothing like plugging into love and support on a regular basis to shift E.V.E.R.Y.T.H.I.N.G.

Because it always gets down to fear or love, doesn't it? And you, my sweet fearless friend, are about to learn how to love your life, your relationships and yourself even more.

I don't think I breathed throughout all my FBG calls yet I am still grateful for my first FBG because of the wonderful people and connection it brought me. It reminds me that everyone gets what they need at the time from an experience and that holding a space for someone is a really powerful thing.

DESIREE BRYANT, CFLC

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GROUND RULES

Share these Ground Rules with your Group:

_____ All material raised in the group is strictly confidential and will be kept in the group. Only your personal experience may be shared outside the group.

_____ Tell the truth, with compassion for yourself and others.

_____ Everyone's feelings and views are valued, and your opportunity will be to honor and accept each person's process, no matter how different it may seem from your own.

This means:

_____ Not telling others what is true for them or what they should do.

_____ No cross-talking. Make sure that you listen and don't interrupt another member when they are speaking.

_____ Do your best not to give answers or advice; instead listen and offer support when asked.

_____ Share if you have something you believe will contribute to the group.

_____ Keep all agreements you make with anyone involved in the Fearless Book Group, unless mutually renegotiated. Be responsible for being present and managing your own well-being at each meeting.

_____ _____

(Your signature) (date)

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SESSION ONE

Day 1:

"A New Beginning"

SESSION ONE
Day 1:
"A New Beginning"

"Discovering the true you is a journey that begins today."

– RHONDA BRITTEN

Preparation for Session One

Read	Change Your Life in 30 Days Day 1: "A New Beginning"
Review	Member Guide for Day 1: "A New Beginning"
Answer	The Discussion Questions

Main Points for Session One

After Session One, you'll be able to...	• When fear is running your life, you will not be true to yourself. • Definitions tell you what you believe, who you are and what you think you are capable of. • Fear wants our answers to be neat and pretty; freedom doesn't care if the truth is messy.

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DISCUSS DAY 1

SESSION ONE

Day 1: "A New Beginning"

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

1. List the top 3 things you would like to shift in your life.

2. What are you willing to do differently to make the yearning you have for your life happen?

3. What does it mean to put personal integrity above a promise to another?

4. What obstacles could get in your way of being authentic?

5. What is standing between you and the success you long for?

Fearless Integration

- How will being true to yourself support you during the next 30 days?
- Name 5 things you are willing to do to be more true to yourself over the next 30 days.
- Define what you want for yourself in the next 30 days. Be specific.

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SESSION TWO

Day 2:

"Give Credit Where Credit is Due"

SESSION TWO

Day 2:
"Give Credit Where Credit Is Due"

"Learn to focus on what you are doing, verses what you want to do, will help you stay true to yourself moment to moment."

– RHONDA BRITTEN

Preparation for Session Two

Read	Change Your Life in 30 Days Day 2: "Give Credit Where Credit Is Due"
Review	Member Guide for Day 2: "Give Credit Where Credit Is Due"
Answer	The Discussion Questions

Main Points for Session Two

After Session Two, you'll be able to…	• Don't let your feelings decide if something matters; instead focus on whether or not you took the action rather than how you felt about it. • Acknowledgments are about the journey not the destination. • Accepting compliments is essential in taking credit for the things you do.

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DISCUSS DAY 2

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION TWO

Day 2:
"Give Credit Where Credit Is Due"

1. What was your response to 'you are doing better than you think you are'?

2. How will awareness of your filter support you in making changes?

3. How does it feel when you give a compliment? When you receive one?

4. What did you discover in writing 50 acknowledgments?

5. What are you willing to give yourself credit for now?

Fearless Integration

- What things do you fail to give yourself credit for?
- Begin writing 5 acknowledgments daily.
- How will daily acknowledgments support the changes you have decided to work toward in the next 30 days?

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SESSION THREE

Day 3:

"Building Your Confidence Muscle"

SESSION THREE

Day 3:
"Building Your Confidence Muscle"

"Self confidence is the result of taking risks."

– **RHONDA BRITTEN**

Preparation for Session Three

Read	Change Your Life in 30 Days Day 3: "Building Your Confidence Muscle"
Review	Member Guide for Day 3: "Building Your Confidence Muscle"
Answer	The Discussion Questions

Main Points for Session Three

After Session Three, you'll be able to...	• More confidence is a function of consistent effort, compassion, and willingness. • In order to be confident, you must be willing to experience the fears you have been trying to hide from. • Once you have successfully taken risks, you have learned through your experiences that you can count on yourself.

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DISCUSS DAY 3

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION THREE

Day 3:
"Building Your Confidence Muscle"

1. How will feeling your feelings build confidence?

2. How could having compassion for yourself support you in having more confidence to take risks?

3. What feelings are you afraid to feel?

4. What could you be giving yourself more credit for?

5. What is one step you are willing to take to build more confidence?

Fearless Integration

- How will your outlook in life shift when you have more confidence?
- What areas in your life are you confident? Where would you like to build more confidence?
- Keep a confidence log this week, make note of times where you were externally confident and when internally. What actions did you take and not take?

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SESSION FOUR

Day 4:

"Purpose and Passion"

SESSION FOUR

Day 4: "Purpose and Passion"

"Purpose directs passion and passion ignites purpose."

– **RHONDA BRITTEN**

Preparation for Session Four

Read	Change Your Life in 30 Days Day 4: "Purpose And Passion"
Review	Member Guide for Day 3: "Purpose And Passion"
Answer	The Discussion Questions

Main Points for Session Four

After Session Four, you'll be able to…	• When we have a sense of purpose, we become focused and determined. • Passion is the spark, the motivation, the drive, behind purpose. • Our greatest human need is to feel connected, to belong. Our ability to claim our purpose and express our passion ensures we won't feel alone ever again.

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DISCUSS DAY 4

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION FOUR

Day 4: "Purpose and Passion"

1. What is your understanding of purpose? Passion?

2. When you think about purpose, what feelings come to mind?

3. What does "True purpose is never selfish" mean to you?

4. What will it look like when purpose is guiding your life?

5. What does it feel like when you experience passion in your day?

Fearless Integration

- Take a look at the things you are passionate about. What is the common thread? Where does that thread show up in your life right now?
- What are you learning about the connections you make with others?
- How is your purpose unfolding daily as you practice being more loving and more compassionate with yourself?

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SESSION FIVE

Day 5:

"Affirmations, Intentions and Goals"

SESSION FIVE

Day 5: "Purpose and Passion"

"Intentions are powerful statements that can makes dreams come true."

– RHONDA BRITTEN

Preparation for Session Five

Read	Change Your Life in 30 Days Day 5: "Affirmations, Intentions, and Goals"
Review	Member Guide for Day 3: "Affirmations, Intentions, and Goals"
Answer	The Discussion Questions

Main Points for Session Five

After Session Five, you'll be able to…	• Intentions must be written in a way that inspires you to take action. Intentions are purpose driven, overarching statements that put you in charge. • Guidelines for writing intentions: 1. Framed in the positive. 2. Focused on what you want. 3. Present tense. 4. You are responsible for its success. 5. Bigger than one goal. 6. Inspire you to do something. • Goals support your intention.

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DISCUSS DAY 5

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION FIVE

Day 5:

"Affirmations, Intentions and Goals"

1. What does inner satisfaction mean to you?

2. How could affirmations support you during these next 30 days?

3. What is an intention?

4. What is the difference between affirmations and intentions?

5. In what areas of your life might intentions be useful?

Fearless Integration

- Pick one area of your life that you desire to have change, practice writing an intention for that area.
- Now come up with 3 goals that will support your intention.
- How will living by your intention support you in creating the change you desire?

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SESSION SIX

Day 6:

"Stretch, Risk or Die"

SESSION SIX

Day 6: "Stretch, Risk, or Die"

"Face your life. Face your fears. Risk. And be willing to kill off your old negative, confining thoughts."

– RHONDA BRITTEN

Preparation for Session Six

Read	Change Your Life in 30 Days Day 6: "Stretch, Risk, or Die"
Review	Member Guide for Day 6: "Stretch, Risk, or Die"
Answer	The Discussion Questions

Main Points for Session Six

After Session Six, you'll be able to...	• Risk has possibility of rejection and failure. You might get hurt, feel stupid, or get frustrated, but the end result is always worth the risk, the result will be self-confidence. • To be true to self, you have to be willing to let go of the known and step into the unknown. • Most of the actions that will cause change in your life are risks.

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DISCUSS DAY 6

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION SIX

Day 6: "Stretch, Risk, or Die"

1. What are the areas in your life where you desire change the most?

2. What will be possible when you are willing to take more stretches, risks and dies?

3. What decisions are you avoiding?

4. Who can you ask for support as you begin to take steps towards the life you want?

5. How willing are you to live in the unknown?

Fearless Integration

- How will utilizing the Stretch, Risk, Die exercise foster change in your life?
- Name at least 1 challenge in your life currently. Commit to an action(s) that will move you forward, identify as many stretch, risk, and dies as you can. Practice these!

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SESSION SEVEN

Day 7:

"Are You Making It Up or Is It True?"

SESSION SEVEN

Day 7:
"Are You Making It Up or Is It True?"

"Making things up only keeps you stuck in your fears and frustrations."

– **RHONDA BRITTEN**

Preparation for Session Seven

Read	Change Your Life in 30 Days Day 7: "Are You Making It Up or Is It True?"
Review	Member Guide for Day 7: "Are You Making It Up or Is It True?"
Answer	The Discussion Questions

Main Points for Session Seven

After Session Seven, you'll be able to...	• False perceptions give people permission to make decisions that are basically built on lies. • When we make things up about the way people feel or think, it only confirms our low self-worth. • Facing when you make things up will help you heal.

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DISCUSS DAY 7

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION SEVEN

Day 7:
"Are You Making It Up or Is It True?"

1. How do insecurities fuel made up thoughts?

2. What feeling do you have when you are making things up?

3. What truths about yourself are you ready to face today?

4. What feelings do you us to justify what you make up?

5. List 5 things that you have made up in the last 24 hours.

6. How will your life be different when you start to give up defenses and focus on facts?

Fearless Integration

- Think about a challenging relationship. What have you been making up in this relationship? How has that information impacted the relationship?
- Create a list of where and with whom you make things up. Identify whether those thoughts empower or disempower you. If they disempower, what thought would empower you?

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SESSION EIGHT

Day 8:

"The Freedom of Discipline"

SESSION EIGHT

Day 8:
"The Freedom of Discipline"

"Discipline is the key to freedom."

– RHONDA BRITTEN

Preparation for Session Eight

Read	Change Your Life in 30 Days Day 8: "The Freedom of Discipline"
Review	Member Guide for Day 8: "The Freedom of Discipline"
Answer	The Discussion Questions

Main Points for Session Eight

After Session Eight, you'll be able to...	• True discipline takes heightened awareness and self-mastery. • The only way to obtain freedom is through self-discipline. • Understanding the difference between discipline and freedom will give you the assurance you need to do what must be done with less fear.

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DISCUSS DAY 8

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION EIGHT

Day 8: "The Freedom of Discipline"

1. What could change if you embraced discipline?

2. What insights did you have in doing the Life Log?

3. What feelings do you have when you think about what you deserve?

4. How does discipline show up in your life?

5. How do you hold yourself accountable?

Fearless Integration

- What one area of your life would you like to have more discipline?
- What would change if you help yourself accountable and focused on one skill at a time?
- Journal the insights you had while completing your life log. How was this exercise useful to you? What truths are you now willing to face? What changes are you willing to commit to?

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SESSION NINE

Day 9:

"Shine Your Light"

SESSION NINE

Day 9:

"Shine Your Light"

"Shining gives you permission to enjoy life"

– **RHONDA BRITTEN**

Preparation for Session Nine

Read	Change Your Life in 30 Days Day 9: "Shine Your Light"
Review	Member Guide for Day 9: "Shine Your Light"
Answer	The Discussion Questions

Main Points for Session Nine

After Session Nine, you'll be able to…	• We hesitate to shine because we fear that if we shine, we will stop someone else from shining. • When we dim our own light, we can dissuade others from shining. • Shining your light is a choice, the choice to make if you want to own your power and be empowering.

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DISCUSS CHAPTER 9

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION NINE

Day 9:
"Shine Your Light"

1. What does shine your light mean to you?

2. How does honoring your accomplishments support you in being your true self?

3. How does blame and comparison show up in your life?

4. How do you support others in shining their light?

5. Where can you be proud of yourself?

Fearless Integration

- How might sharing your good news build your self-confidence?
- Keep a compliment journal for the next 7 days.
- In your journal, notice all the ways others appreciate you. Where could you be giving yourself compliments? Share your insights with a support buddy.

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SESSION TEN

Day 10:

"Integration"

SESSION TEN
Day 10:
"Integration"

"Integrating what you have learned and turning it into what you know will give you courage to take bigger risks."

– **RHONDA BRITTEN**

Preparation for Session Ten

Read	Change Your Life in 30 Days Day 10: "Integration"
Review	Member Guide for Day 10: "Integration"
Answer	The Discussion Questions

Main Points for Session Ten

After Session Ten, you'll be able to...	• Every change you make you are being more true to yourself. • Change never happens in your comfort zone. • Change is measured by the permanence of continual growth.

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DISCUSS DAY 10

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION TEN

Day 10:
"Integration"

1. What shifts or changes have you noticed in your self-confidence?

2. Where are you giving yourself more credit?

3. How has asking yourself where you are making things up supported change?

4. Share some compliments you have received in the last 10 days.

Fearless Integration

- Which skill do you find most challenging? Which do you get excited to use?
- Re-read your gratitude letter. How are you shining your light? How do you share your passion? In what ways do you give yourself full credit?
- List 3 changes you have made and which skills have supported you in those changes. Give yourself credit where it is due as you create this list!

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SESSION ELEVEN

Day 11:

"Regrets"

SESSION ELEVEN

Day 11:
"Regrets"

"If you need to know what you are doing tomorrow today, there is little room for miracles."

– **RHONDA BRITTEN**

Preparation for Session Eleven

Read	Change Your Life in 30 Days Day 11: "Regrets"
Review	Member Guide for Day 11: "Regrets"
Answer	The Discussion Questions

Main Points for Session Eleven

After Session Eleven, you'll be able to...	• Time is our friend if we use it properly (we are its master, it does not master us). • When we become aware and can see our core need for what it is, an unfulfilled part of us that is fueled by our fears, we can make more thoughtful and empowering choices. • Being willing to honor your core need will support its satisfaction, if you ignore it, it will make itself known through inappropriate behavior and unpleasant feelings.

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DISCUSS DAY 11

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION ELEVEN

Day 11:
"Regrets"

1. How do you evaluate the success in your life?

2. Define your core need.

3. How could having more compassion for yourself honor your core need?

4. What is the difference in getting your core need met from fear vs. freedom?

Fearless Integration

- What would happen if you have compassion for yourself when you think about regrets?
- Journal about some empowering ways you can get your core needs met each day?
- List the benefits of meeting your core need each day. What will it cost you to ignore your core need?

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SESSION TWELVE

Day 12:

"Ask For What You Want"

SESSION TWELVE

Day 12:
"Ask For What You Want"

"Getting your needs met and asking for what you want will build your self-confidence."

– **RHONDA BRITTEN**

Preparation for Session Twelve

Read	Change Your Life in 30 Days Day 12: "Ask For What You Want"
Review	Member Guide for Day 12: "Ask For What You Want"
Answer	The Discussion Questions

Main Points for Session Twelve

After Session Twelve, you'll be able to...	• Giving your loved ones specific action steps supports them and supports them and supports you. • One way to identify an unmet need is through your feelings. • When you ask for what you want and are willing to go first, you are telling the world that you trust yourself.

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DISCUSS DAY 12

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION TWELVE

Day 12: "Ask For What You Want"

1. How would asking for what you want support you?

2. On a scale of 1 to 10 (10 being very willing), how willing are you to directly ask for what you want or need?

3. When you think of asking for what you need, what feelings come up?

4. What is scary about asking for what you need?

5. How does having boundaries support asking for what you want?

Fearless Integration

- What is possible for you if you ask for what you need or want? How could your relationships change if you asked for what you want instead of sharing what you don't want?
- Begin asking for what you want daily. Brainstorm ideas to practice asking for what you want.

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SESSION THIRTEEN

Day 13:

"The Power Of Words"

SESSION THIRTEEN

Day 13:
"The Power of Words"

"The words you use today create your future tomorrow."

– **RHONDA BRITTEN**

Preparation for Session Thirteen

Read	Change Your Life in 30 Days Day 13: "The Power Of Words"
Review	Member Guide for Day 13: "The Power Of Words"
Answer	The Discussion Questions

Main Points for Session Thirteen

After Session Thirteen, you'll be able to...	• "Should" keeps you focused on what other people want instead of what you want. • Being aware of the words you use puts you in control. • Language is connected to body; our body hears and believes our words; we must be careful about what we put out there.

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DISCUSS DAY 13

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION THIRTEEN

Day 13: "The Power of Words"

1. What phrases from the list in the book on p. 103 show up in your vocabulary?

2. How often do you use "should", "need to", and "have to" to express yourself?

3. What could you replace these words with?

4. How can changing your language change your outlook?

5. How would your life change if you committed to using empowering language?

Fearless Integration

- Look at the phrases list in this chapter, which of these phrases do you use? How do these phrases reflect the outlook you have on life?
- Pick your top phrases and create an alternative, empowering phrases to practice this week.
- Be willing to shift mid-sentence to your empowering phrase. Acknowledge yourself for the progress you make this week.

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SESSION FOURTEEN

Day 14:

"Liar, Liar"

SESSION FOURTEEN

Day 14:
"Liar, Liar"

"When you refuse to lie, you are refusing to sacrifice yourself for the sake of others."

– **RHONDA BRITTEN**

Preparation for Session Fourteen

Read	Change Your Life in 30 Days Day 14: "Liar, Liar"
Review	Member Guide for Day 14: "Liar, Liar"
Answer	The Discussion Questions

Main Points for Session Fourteen

After Session Fourteen, you'll be able to...	• In order to move your life forward and be true to yourself, you must be willing to release all that is untrue. • Lying is about the fear of rejection. • When you avoided the truth, you are avoiding being vulnerable. You are failing to experience intimacy.

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DISCUSS DAY 14

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION FOURTEEN

Day 14:
"Liar, Liar"

1. What is your most common lie?

2. Where do excuses show up in your life?

3. How often are you using excuses instead of sharing your truth?

4. How does exaggeration hide the truth?

5. What is possible if you refuse to sacrifice yourself for the sake of others?

Fearless Integration

- How has lying kept you stuck?
- What excuses have you used to justify someone else's feelings ahead of your integrity?
- Think about relationships where you lie. What are you avoiding? What could you say if you choose to be vulnerable and put yourself first?

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SESSION FIFTEEN

Day 15:

"Trusting Heart"

SESSION FIFTEEN

Day 15:
"Trusting Heart"

"We must trust ourselves if we are ever going to be happy with our success."

– RHONDA BRITTEN

Preparation for Session Fifteen

Read	Change Your Life in 30 Days Day 15: "Trusting Heart"
Review	Member Guide for Day 15: "Trusting Heart"
Answer	The Discussion Questions

Main Points for Session Fifteen

After Session Fifteen, you'll be able to...	• Trust is the ability to have faith in someone's words and deeds. • In order to trust others, you must first trust yourself. • When we are willing to venture out of our safe, secure comfort zone, we begin to believe in who we are and what we stand for.

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DISCUSS DAY 15

SESSION FIFTEEN

Day 15:
"Trusting Heart"

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

1. What does having a trusting heart mean to you?

2. When have you used trust to manipulate others?

3. When you think about being vulnerable, what fears feelings come up?

4. What is perfectionism costing you?

5. How does forgiveness support your ability to trust?

Fearless Integration

- How will trusting yourself more support the changes you want in your life?
- Where do you hold yourself back? How will being vulnerable and releasing perfectionism increase your trusting heart?
- Trust is built one conversation at a time. Pick someone to practice trust with during the next 7 days. What level of trust do you have with this person and what level do you want to have?

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SESSION SIXTEEN

Day 16:

"The Myth and Balance"

SESSION SIXTEEN

Day 16:
"The Myth of Balance"

"If your commitments are based in freedom, balance will work itself out."

– RHONDA BRITTEN

Preparation for Session Sixteen

Read	Change Your Life in 30 Days Day 16: "The Myth and Balance"
Review	Member Guide for Day 16: "The Myth and Balance"
Answer	The Discussion Questions

Main Points for Session Sixteen

After Session Sixteen, you'll be able to...	• Your motivation determines your results. • Commitments are the solution to balance. • It's a waste of time to do work on balance unless you are aware of who you want to include in your downtime.

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DISCUSS DAY 16

SESSION SIXTEEN

Day 16: "The Myth of Balance"

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

1. How is the desire for balance connected to perfectionism?

2. How do you feel when you are out of balance in your life?

3. How would living by commitment change the way you live your life?

4. How do you choose when your commitments seem to conflict?

5. How do you determine what is valuable to you?

Fearless Integration

- How would your life change if you lived by your commitments rather than a desire for balance?
- How do you know what you value most?
- Keep a life log for a week. At the end of the week, share the insights you gained. What did you learn about your commitments?

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SESSION SEVENTEEN

Day 17:

"Excuses"

SESSION SEVENTEEN
Day 17:
"Excuses"

"Excuses take your power away and keep you victimized."

– RHONDA BRITTEN

Preparation for Session Seventeen

Read	Change Your Life in 30 Days Day 17: "Excuses"
Review	Member Guide for Day 17: "Excuses"
Answer	The Discussion Questions

Main Points for Session Seventeen

After Session Seventeen, you'll be able to...	• Excuses become the evidence we need to prove we are right in spite of being wrong. • Our excuses benefit us in some way; they make us feel better about ourselves, usually at the expense of others. • Learning to give up your excuses will force you to create conversations that speak of possibilities, hope and love.

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DISCUSS DAY 17

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION SEVENTEEN

Day 17:
"Excuses"

1. How do excuses build evidence for you?

2. What are the benefits of your excuses?

3. What are your excuses costing you?

4. How could your life change if you give up your excuses?

5. What are you willing to embrace for yourself instead of excuses?

Fearless Integration

- How does connecting with others through excuses keep you from being true to yourself?
- Pick an excuse to give up. Be willing to stop yourself mid-sentence or mid thought and reframe with something more empowering.

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SESSION EIGHTEEN

Day 18:

"Intuition"

SESSION EIGHTEEN

Day 18:
"Intuition"

"Intuition is unattached to the results."

– RHONDA BRITTEN

Preparation for Session Eighteen

Read	Change Your Life in 30 Days Day 17: "Intuition"
Review	Member Guide for Day 18: "Intuition"
Answer	The Discussion Questions

Main Points for Session Eighteen

After Session Eighteen, you'll be able to...	• Intuition will tell you the difference between what you should do and what you are meant to do. • Following your intuition doesn't mean you will feel good all the time or that succuss is guaranteed. • Fear demands attention, intuition will wait calming to be heard.

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DISCUSS DAY 18

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

1. What fears come to mind when you consider following your intuition?

2. How much do you need to be right when faced with decisions?

3. Where have you followed intuition in your life?

4. How does intuition support growth and transformation?

5. How can you support yourself in listening to your intuition?

Fearless Integration

- How willing are you to listen to your intuition?
- How will listening to your intuition support the choice you make?
- Create a space to discover what your intuition sounds like, meditate, pray, sit quietly in a special place, go for a walk, etc.

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SESSION NINETEEN

Day 19:

"Forgiveness"

SESSION NINETEEN

Day 19:
"Forgiveness"

"To forgive yourself for the ways you put yourself last will help you put the past behind you."

– **RHONDA BRITTEN**

Preparation for Session Nineteen

Read	Change Your Life in 30 Days Day 19: "Forgiveness"
Review	Member Guide for Day 19: "Forgiveness"
Answer	The Discussion Questions

Main Points for Session Nineteen

After Session Nineteen, you'll be able to...	• When we blame someone else for our mood or desire to run away we are giving away our power. • Forgiveness provides clarity and clarity encourages insights and that supports a change in behavior. • Putting boundaries in place and enforcing them tells yourself and others what you are willing to accept in relationships.

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DISCUSS DAY 19

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION NINETEEN

Day 19:
"Forgiveness"

1. How will forgiving yourself for putting yourself last help you put the past behind you?

2. What would happen in your life if you practiced more forgiveness with yourself? With others?

3. How does forgiveness support you in learning about boundaries?

4. How often do you apologize when you have done nothing wrong?

5. What is important about the different ways of saying "I'm sorry"?

Fearless Integration

- Where in your life could you embrace more forgiveness?
- What has refusing to forgive cost you?
- Commit to practicing forgiveness this week. Write down the feelings and insights you have.

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SESSION TWENTY

Day 20:

"Momentum"

SESSION TWENTY
Day 20:
"Momentum"

"The ability to make requests informs the world of your needs and gives others the power to fulfill them in a way that empowers you."

– RHONDA BRITTEN

Preparation for Session Twenty

Read	Change Your Life in 30 Days Day 20: "Momentum"
Review	Member Guide for Day 20: "Momentum"
Answer	The Discussion Questions

Main Points for Session Twenty

After Session Twenty, you'll be able to...	• Being able to see yourself differently is a key factor in learning how to be true to yourself. • Commitment is the foundation of momentum. • Momentum decreases when we lie because we put others above self.

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DISCUSS DAY 20

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION TWENTY

Day 20:

"Momentum"

1. Which chapter has been the most empowering?

2. What does it mean to be comfortable with being with the uncomfortable zone?

3. What insights have come by listening to your intuition?

4. Where have you been willing to forgive?

5. How are you showing your true self to the world?

Fearless Integration

- Where are you feeling momentum? What has happened as a result of that momentum?
- Write 25 acknowledgments for the excellence you have achieved in the last 20 days.
- Practicing shining your light right now by acknowledging your commitment to your true self.

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SESSION TWENTY-ONE

Day 21:

"Luck, Fate and Destiny"

SESSION TWENTY-ONE

Day 21:
"Luck, Fate and Destiny"

"Learn to count on yourself, ask for help and your future will unfold beyond your wildest dreams."

– **RHONDA BRITTEN**

Preparation for Session Twenty-One

Read	Change Your Life in 30 Days Day 21: "Luck, Fate and Destiny"
Review	Member Guide for Day 21: "Luck, Fate and Destiny"
Answer	The Discussion Questions

Main Points for Session Twenty-One

After Session Twenty-One, you'll be able to...	• If you do your best in the areas that you can have ana impact, the areas that you can't will allow you to learn to trust the process. • Without choice there is no self-empowerment. • Learning where you can invest and where you need to let go is a skill.

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DISCUSS DAY 21

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION TWENTY-ONE

Day 21: "Luck, Fate and Destiny"

1. How do you give yourself credit for the success you have?

2. How would your self-esteem benefit if you gave up the word luck?

3. On a scale of 1-10 (10 being the most), how much of your energy do you spend on things that you can't control?

4. How is trusting the process differ from believing in luck, fate, and destiny?

5. What is disempowering about relying on outside forces to tell you what to do with your life?

Fearless Integration

- What opportunities are you waiting for? Where will you choose to take responsibility for your life?
- Pick one area in which you are experiencing a challenge. Determine what you can and cannot control in that situation. Pick one thing you can control and practice that this week.

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SESSION TWENTY-TWO

Day 22:

"The Gift Of Rejection"

SESSION TWENTY-TWO

Day 22:
"The Gift of Rejection"

"Rejection is going to happen because all of us have varying opinions, values and beliefs."

– **RHONDA BRITTEN**

Preparation for Session Twenty-Two

Read	Change Your Life in 30 Days Day 22: "The Gift of Rejection"
Review	Member Guide for Day 22: "The Gift of Rejection"
Answer	The Discussion Questions

Main Points for Session Twenty-Two

After Session Twenty-Two, you'll be able to...	• Being human will give you the opportunity to be true to self. • If you want success, you will face rejection (when you avoid rejection, you are also avoiding success.) • Rejection is not personal.

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DISCUSS DAY 22

SESSION TWENTY-TWO

Day 22: "The Gift of Rejection"

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

1. How often do you perceive situations to be about rejection?

2. What is the benefit of risking rejection?

3. How is risking rejection saying yes to life?

4. When were you silent when you wanted to speak your truth?

5. What is the connection between risking rejection and intimacy?

Fearless Integration

- On a scale of 1-10 rate your willingness to be vulnerable when taking risks that could result in rejection. What would be possible if you were at a 10?
- Share some risks you have not taken because you fear you will be rejected. Brainstorm with a support buddy a plan to risk using the exercise from Day 6 (Stretch, Risk, or Die).

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SESSION TWENTY-THREE

Day 23:

"For or Against"

SESSION TWENTY-THREE

Day 23:
"For or Against"

"Knowing you have the power to change any situation will give you the courage to risk each day."

– **RHONDA BRITTEN**

Preparation for Session Twenty-Three

Read	Change Your Life in 30 Days Day 23: "For or Against"
Review	Member Guide for Day 23: "For or Against"
Answer	The Discussion Questions

Main Points for Session Twenty-Three

After Session Twenty-Three, you'll be able to...	• What you focus on turns into reality. • You get to choose your filter system. • Being willing to change your view of the world takes courage.

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DISCUSS DAY 23

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION TWENTY-THREE

Day 23:

"For or Against"

1. Is your belief that the world is for you or against you?

2. What is the cost of thinking the world is against you?

3. How does gratitude support seeing the world is for you?

4. Where have you been withholding gratitude?

5. How would being willing to change your view of the world create courage?

Fearless Integration

- Where do you see the world as being against you? What is possible if you chose to shift your focus to finding the gratitude in the situation?
- Name 3 areas you see the world as unfriendly. Change these thoughts into gratitudes.

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SESSION TWENTY-FOUR

Day 24:

"What's Love Got to Do With It?"

SESSION TWENTY-FOUR

Day 24:
"What's Love Got to Do With It?"

"Venting is the process that gives you permission to honor your feelings yet encourages you to act on your commitments."

– **RHONDA BRITTEN**

Preparation for Session Twenty-Four

Read	Change Your Life in 30 Days Day 24: "What's Love Got to Do With It?"
Review	Member Guide for Day 24: "What's Love Got to Do With It?"
Answer	The Discussion Questions

Main Points for Session Twenty-Four

After Session Twenty-Four, you'll be able to...	• Yearning and desires come from wanting to share more of yourself and express more of who you want to be. • Learning how to put yourself first is a loving act. • Venting is an opportunity to process your feelings under the loving eyes of another.

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DISCUSS DAY 24

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

1. On a scale of 1-10 (10 being highest), how much do you love yourself?

2. How do you express know you love for yourself?

3. What is the difference between complaining and venting?

4. Where in your life do you experience joy?

5. Where could you cultivate self-love to build your foundation of inner joy?

Fearless Integration

- If you fully loved yourself, what would you do differently. What risks would you take?
- Begin cultivating self-love today. Name 5 self-loving acts that you are willing to practice today.

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SESSION TWENTY-FIVE

Day 25:

"Forget Motivation"

SESSION TWENTY-FIVE

Day 25: "Forget Motivation"

"Contentment comes from being willing to like yourself not for what you do but for who you are."

– RHONDA BRITTEN

Preparation for Session Twenty-Five

Read	Change Your Life in 30 Days Day 25: "Forget Motivation"
Review	Member Guide for Day 25: "Forget Motivation"
Answer	The Discussion Questions

Main Points for Session Twenty-Five

After Session Twenty-Five, you'll be able to...	• Motivation is a short-term solution. • Feelings get in the way of motivation. • Loss helps us uncover what is important to us, it shows our values and priorities, helps us find ourselves.

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DISCUSS DAY 25

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION TWENTY-FIVE

Day 25:

"Forget Motivation"

1. In what areas of your life do you lack motivation?

2. What is the difference between motivation and commitment?

3. How would changing focus from motivation to commitment benefit you?

4. What does "contentment is an inside job" mean?

5. How would having internal satisfaction change your life?

Fearless Integration

- Think of an area where you are seeking motivation. What commitment would support you in taking a step forward?
- Brainstorm ways to be content in your life right now.
- Choose 3-5 actions to practice this week.

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SESSION TWENTY-SIX

Day 26:

"Never Confront Again"

SESSION TWENTY-SIX

Day 26: **"Never Confront Again"**

"Learning to take responsibility for the areas you have been avoiding in your life is a key factor in being true to yourself."

– **RHONDA BRITTEN**

Preparation for Session Twenty-Six

Read	Change Your Life in 30 Days Day 26: "Never Confront Again"
Review	Member Guide for Day 26: "Never Confront Again"
Answer	The Discussion Questions

Main Points for Session Twenty-Six

After Session Twenty-Six, you'll be able to...	• Going forward, replace "confront" with "clarity". • Let go of expectations (just because you are seeking clarity doesn't mean you are going to get what you want). • You can't be true to yourself if you aren't willing to clarify and find out what is possible.

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DISCUSS DAY 26

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION TWENTY-SIX

Day 26: "Never Confront Again"

1. What is the difference between clarifying versus confronting?

2. What feelings do you have when you are confronting?

3. How would your conversations change if you stopped taking things personally?

4. How does avoiding challenging conversations hold you back from being true to yourself?

5. How will having clear boundaries support you in having the use of clarifying conversations?

Fearless Integration

- Where could you begin practicing clarifying vs. confronting? How will this impact your conversations?
- Name a person you can practice clarifying with this week. Ask for the support you need from a buddy.

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SESSION TWENTY-SEVEN

Day 27:

"Redefining You"

SESSION TWENTY-SEVEN

Day 27: **"Redefining You"**

"When you live a life of service to your vision, life manifests itself with more ease vand effortlessness."

– **RHONDA BRITTEN**

Preparation for Session Twenty-Seven

Read	Change Your Life in 30 Days Day 27: "Redefining You"
Review	Member Guide for Day 27: "Redefining You"
Answer	The Discussion Questions

Main Points for Session Twenty-Seven

After Session Twenty-Seven, you'll be able to...	• Learning how to practice being you is the key to feeling loved and expressing love. • Our denial and resistance in a situation causes us pain, more than the event itself. • With clear vision you don't need motivation or discipline, you are discipline because vision in charge.

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DISCUSS DAY 27

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION TWENTY-SEVEN

Day 27:

"Redefining You"

1. Where are you not accepting things as they are?

2. What vision do you now hold for your future?

3. Who are you connecting to for support?

4. How has becoming more true to yourself impacted your work life?

5. What is the biggest change you have made so far?

Fearless Integration

- Who were you when you started the book? Who are you now?
- Imagine someone is giving a toast in honor of your growth, what would you like them to say about
- you?

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SESSION TWENTY-EIGHT

Day 28:

"Beautiful You"

SESSION TWENTY-EIGHT

Day 28: "Beautiful You"

"To accept yourself as you are with all of your imperfections is the first step to seeing yourself as the beautiful person you are."

– RHONDA BRITTEN

Preparation for Session Twenty-Eight

Read	Change Your Life in 30 Days Day 28: "Beautiful You"
Review	Member Guide for Day 28: "Beautiful You"
Answer	The Discussion Questions

Main Points for Session Twenty-Eight

After Session Twenty-Eight, you'll be able to...	• Beauty starts on the inside. • Beauty is seeing through eyes of love rather than fear, • You are beautiful when you accept yourself fully.

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DISCUSS DAY 28

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION TWENTY-EIGHT

Day 28:
"Beautiful You"

1. How would your life change if you saw yourself as beautiful?

2. What are the costs of perfectionism?

3. How would your life change if you focused on excellence rather than perfection?

4. How will seeing your beauty build confidence?

5. How willing are you to see yourself as beautiful?

Fearless Integration

- Where are you willing to see and claim your beauty today? What feelings do you have when you embrace your beauty?
- Journal what is beautiful about you. What are you willing to see? What are you willing to embrace? How do others see you as beautiful?
- Each day for the next week, write down at least 3 ways you can see and express your beauty.

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SESSION TWENTY-NINE

Day 29:

"Heaven"

SESSION TWENTY-NINE

Day 29: **"Heaven"**

"Comparing our present life to a magical moment in the past is the death of living a life of celebration."

– RHONDA BRITTEN

Preparation for Session Twenty-Nine

Read	Change Your Life in 30 Days Day 29: "Heaven"
Review	Member Guide for Day 29: "Heaven"
Answer	The Discussion Questions

Main Points for Session Twenty-Nine

After Session Twenty-Nine, you'll be able to...	• Heaven exists on earth when you are being true to yourself. • Celebrating life daily is living in gratitude for all there is, no matter the current circumstance. • Commitment is a fundamental step and one that you will refine for the rest of your life.

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DISCUSS DAY 29

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION TWENTY-NINE

Day 29:
"Heaven"

1. How would living with the sense of heaven on earth support the true you?

2. How willing are you to create and use a personal commitment statement?

3. What daily events could you turn into celebrations and create more heaven on earth for yourself?

4. How will an attitude of celebration and gratitude support your daily life?

5. When was the last time you really felt alive? What did that feel like?

Fearless Integration

- Describe how your commitment letter supports you. How will this letter inspire you and connect you to your true self?
- Begin to bring more heaven into your life. This week choose one new way to celebrate each day you do it.

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SESSION THIRTY

Day 30:

"Let Me Introduce You to Yourself"

SESSION THIRTY

Day 30:
"Let Me Introduce You to Yourself"

"Each day you must be willing to give up all you know to find out more of what you don't."

– **RHONDA BRITTEN**

Preparation for Session Thirty

Read	Change Your Life in 30 Days Day 30: "Heaven"
Review	Member Guide for Day 30: "Heaven"
Answer	The Discussion Questions

Main Points for Session Thirty

After Session Thirty, you'll be able to...	• Finding your true self is a journey of self-acceptance. • A journey to your true self is filled with risk. • Learning who you are and being true to who you are is the most important journey you will ever take.

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DISCUSS DAY 30

Use the following questions to reflect on what you've read.

You will gain the most from the group if you spend time thinking about and writing down your answers to the following questions ahead of time.

SESSION THIRTY

Day 30:
"Let Me Introduce You to Yourself"

1. How have you embraced your humanity?

2. How has learning to trust yourself changed your outlook?

3. What did you learn when doing daily acknowledgments?

4. How will you celebrate the changes you have made during these 30 days?

5. What is going to keep you on track to pursuing the life you want to live?

Fearless Integration

- Reflect on the changes you have made in the last 30 days. What is possible for you as a result of these changes?
- Create a ceremony that acknowledges your growth and dedications to your true self. With a support person, honor and share the work you have done to make self-accepting, empowering changes using the skills in Change Your Life in 30 Days.

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NEXT STEPS

There are numerous options for continuing this work, below are just a few:

- Go to www.FearlessLiving.org, explore the Fearless Living website (FLI) and the options for classes and workshops sponsored by FLI.
- Become a member our Community at FearlessYou.com
- Hire a Certified Fearless Living Coach (CFLC) to work with you privately.
- Join another FBG, there is a 4-session option available for Fearless Living. Or check out another of Rhonda's books: Fearless Loving, Change Your Life in 30 Days, and Do I Look Fat in This?
- Join a Meetup - go to Meetup.com and search for a Fearless Living Group near you.
- Start your own Fearless Book Group!

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