

SO PROUD OF YOU FOR
REALIZING THAT YOU CAN
CHANGE YOUR LIFE!

BLUEPRINT TO OVERCOMING YOUR FEARS

You are on your way to the life you
deserve and dreamed of!



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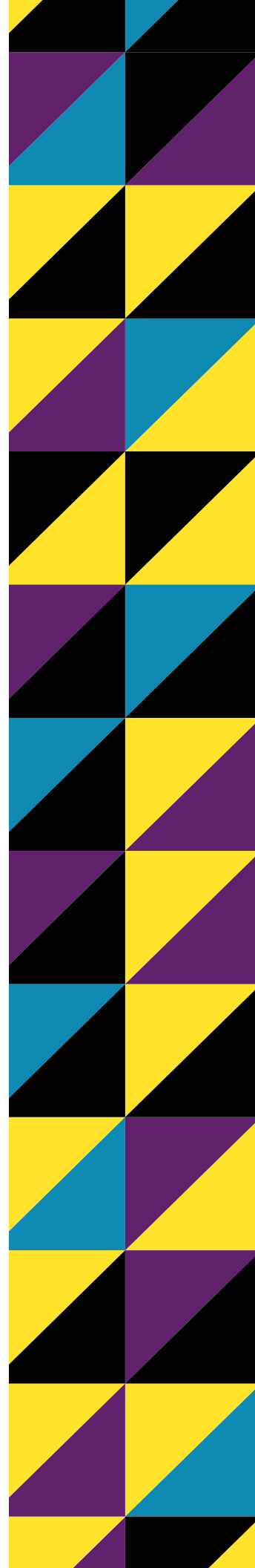
STEP 1: THE PAST DOESN'T HAVE TO REPEAT ITSELF

AWARENESS IS THE KEY!

When you are a child of an alcoholic, you learn from a very young age, the signs to look for so that you aren't in the line of fire when the next violent episode occurs. And the feared incident always happens. Consequently, we become conditioned to react to these indications: stumbling, slurred words, angry tone.

As we become adults, we begin to see evidence that because bad things have happened in the past doesn't mean more bad things will happen. Not every slurred speech or stumbling from another person will cause me harm. Therefore, we can determine the past doesn't have to repeat itself.

Although this may take time for us to realize, it doesn't have to. Even though our past shapes us, the good news is, we aren't bound to it. We can move past the difficulties of the past and into something far better. The main reason we don't have to repeat the past is that we can learn from it.



STEP 2 OVERCOMING LIMITING BELIEFS

YOU CAN CHANGE YOUR MINDSET

I had a lengthy discussion concerning the ego with a fellow sexual abuse sufferer. She viewed her ego as a protector that has kept her alive. This woman saw herself as a victim, ashamed that the rape occurred, and still suffering decades after the incident. A successful woman in her chosen career, happy in her marriage of over 35 years, a person whom you would assume had it all. Yet, she has lived every day since she was raped, in a state of trepidation.

I, on the other hand, saw the ego as the voice that kept me locked in a room, too fearful to ever leave. I see myself as a survivor, proud that I have overcome the fear and feel that I can help others to do the same. I'm successful and happily married for over 20 years. But, I choose to take back my power and not live in a state of fear, a long time ago.

Perspective is astonishing. One view keeps you locked in living a troubled life, and the other lets you become your authentic self. Your mindsets play a significant role in determining the realization of your dreams and your ability to overcome them. The ego is always a negative influence. Its job is to instill fear. But, you can learn to master the destructive impact of this instinctual mechanism that is doing more harm than good.



STEP 3 REFRAMING THE STORY WE TELL OURSELVES

CHANGING THE SELF-TALK

When we are going through any painful or traumatic event, it's usually hard to look at things from a different perspective. As time passes, we gain alternate viewpoints. It's through this reframing of our story that we create the change we desire in our lives.

The stories we tell ourselves create our lives. These versions of what we tell ourselves establish our identities and the kind of person that we think we are. Our stories also give our lives meaning, help us to make sense of the world, and guide our actions, even from a young age. This ability to gain perspective overtime is built into our human nature, if we are willing to alter our mindset.

We need to start paying attention to the stories that we tell ourselves and to others. The key is to remember that we're the storytellers; therefore, we can view our stories in any way we deem. That is, we can reframe our stories so that they serve and support us instead of harming our lives.

After all, it's not the impartial world that affects us, but how we characterize and understand the world. In other words, what matters isn't what happened to us, but the stories we tell ourselves about what took place. Reframing your story can help you create a better life. By utilizing this tool, you are putting the negative stories you tell from a different perspective.



STEP 4 EMPOWERMENT THRU RESPONSIBILITY

BE RESPONSIBLE FOR THE CHOICES YOU MAKE

Who's responsible for our lives? We are, of course. The ego is part of our mind whose job it is to protect us. It was created to tell you to run if a tiger was chasing you. But at some point, our ego took more control than it needed to, especially in this age where tigers aren't attacking us. Why is our egoic mind so fearful of our power, of giving us control? If we step into our power and it releases control, then we are ultimately responsible for standing in that truth.

One of my favorite quotes about fear comes from Marianne Williamson's book, [A Return to Love](#):

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us.

Once we admit to ourselves that we are powerful and in control, then we are accountable and bound to that knowledge. We can no longer hide behind rationalizations that we're not good enough or that we don't know what we want. We are phenomenal individuals, and we have to be responsible for this reality. Wakening to your responsibility to yourself will bring forth changes in your life. Reclaiming your responsibility for your life is the quickest way to change the world around you, and that's why it's so daunting.



STEP 5

SELF-DIRECTED

GROWTH

MOVING BEYOND YOUR COMFORT ZONE

A growth mindset is an internal belief that we can learn and expand our minds beyond the current knowledge we have. Additionally, we believe that we can alter our life circumstances by learning new things. To enhance our mindset, we need to understand how we learn, move out of our comfort zones, and adequately respond when we face disappointments.

To move out of our comfort zone, we need to realize that we must grow. A comfort zone is a place of stagnation, not a place of development. We all know what our comfort zone is, and we like to stay in it. It's safe, and we are familiar with what occurs in this comfort zone.

Sometimes we are asked to stretch ourselves a little bit and go outside of our comfort zone. When that stretching occurs, what do we do? Do we decline, or do we show our bravery and do something new? If we refuse, we choose to lose out on a great opportunity. If we decide to spread our wings, we have the chance to soar with the eagles.



STEP 6 DISCOVERING YOUR AUTHENTIC SELF

FOLLOWING YOUR HEART

Awareness is the birthplace of possibility. Everything you want to do, everything you want to be starts with being mindful. To be a successful visionary, you must be as aware as possible. At every moment, many paths lead forward. Mindfulness helps to tell you the right one to take. So what is awareness?

Awareness is about transparent, honest, uncensored feedback. Some of this feedback comes from other trustworthy people, some from the general environment you find yourself in, and, more importantly, from inside you; from your heart. Although all three domains are linked inseparably, self-awareness is the most important.

Your mindfulness affects everyone around you and has a positive impact on your well-being. Those whom you lead and serve depend on your perception of the situation. You must reach inside for the right response. You alone can raise the group's awareness from lower needs to higher needs. To do that, you must first fulfill each need in yourself by getting quite and listening to your heart.

