

# LETTING GO OF FEAR & ANXIETY

As the shadow side of our collective consciousness reveals itself, observe your reaction to indulge in hopelessness, fear, and anxiety. Identifying with these lower vibrations will only feed our collective shadow. thus creating more negative actions and behaviors rooted in insecurity. Rise into the higher frequencies of empowerment, positivity, hope, and faith by acknowledging, minimizing, and finally releasing those anxieties and fears here:

*What are some of my deepest fears?*

*Some things that trigger my anxiety/fear:*

*Physical symptoms I experience when I'm anxious:*

*What would happen if any of my deepest fears were or became true:*

*Is there any action I can take to alleviate fear/anxiety?*

Action:

By when?:

Action:

By when?:

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What elements are out of my control:

Time to let these things go:

1.) Replace worried thinking with these phrases instead:

*I trust in the perfect timing of life.*

*I trust that all I need will be provided.*

*I trust in the flow of money.*

*I surrender to a higher plan.*

*Every challenge is an opportunity for growth & transformation.*

2.) Write down and remember times of anxiousness or fear in the past and how you overcame them and what you gained from them:

3.) VISUALIZATION: Remember a time in your childhood when you felt safe and protected. Imagine it as if you are there now. Bask in this feeling of security, safety, and protection.