



COACH SCHOOL

– with Lorraine Hamilton –

ABOVE THE NOISE






MODULE 1

Becoming Fearless Workbook

Becoming Visible

Places you might put yourself out there in a BIG way:

Examples:

-  Public speaking to a large audience
-  Sales conversations
-  Submitting your book idea
-  Approaching publications your ideal clients read
-  Pitching for speaking gigs, sponsorship or investment

Where could you put yourself out there in a BIG way this year? (*Don't consider the HOW at this point*)

1.

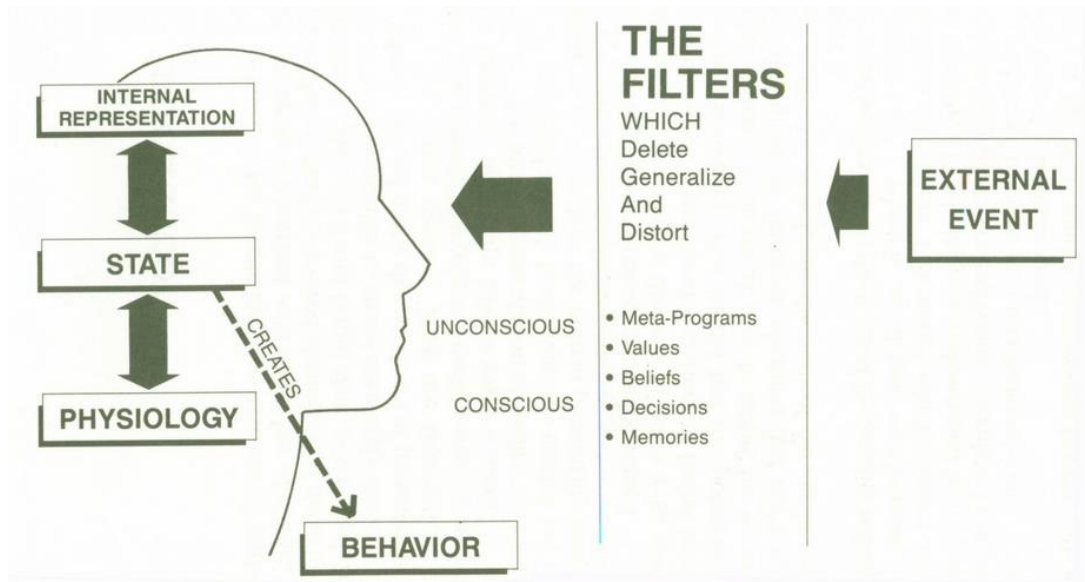
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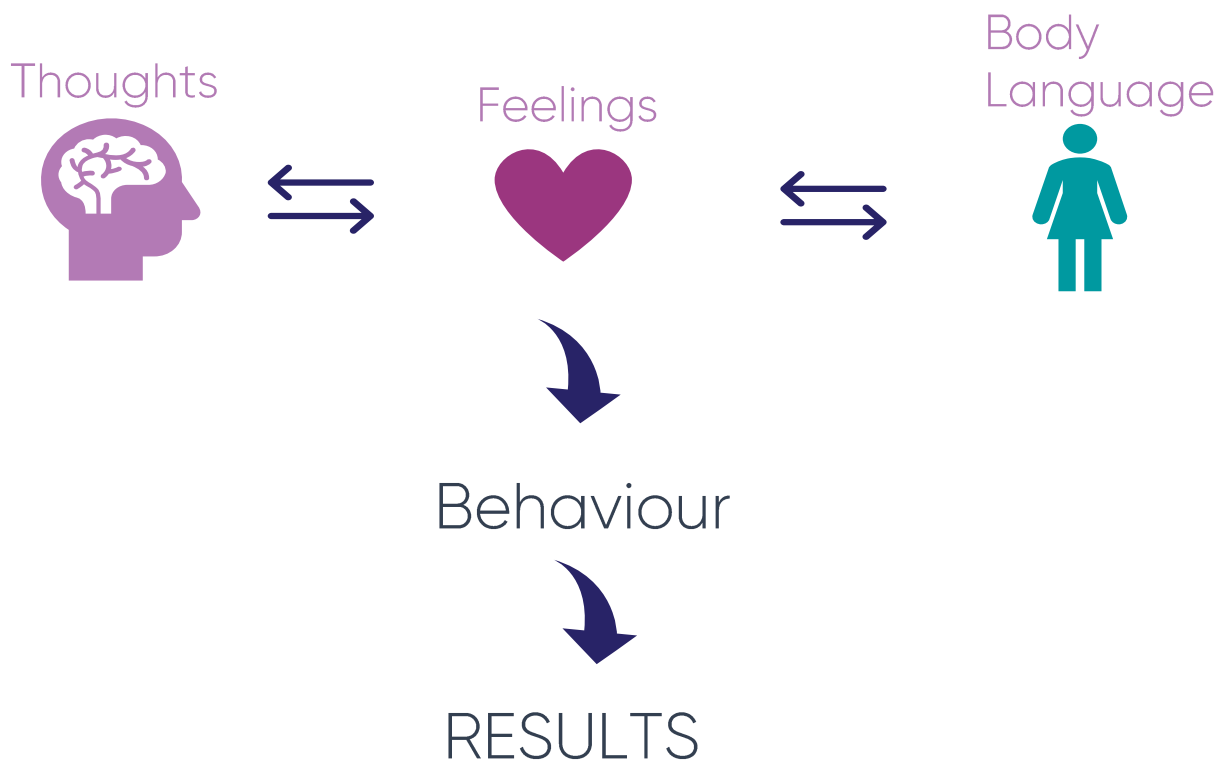
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5.

How We Process Information



Or a simpler way to look at it could be...



Becoming A Superhero

What is your Superhero name?

And what superpowers do you have to support your goals to get out there in a bigger way this year?



Becoming A Superhero

Let's explore each of these in more detail.... Write down the first place you might put yourself out there in a BIG way here (*from page 1*):

Now begin to notice everything that comes up for you when you think about putting yourself in that situation and note them down under the headings below:

Fears or Worries	Emotions	Beliefs

Becoming A Superhero

Identify anything that has come up for you that might be holding you back

Fears or Worries

What will you lose?	What could you gain instead?
What do you lack?	What will you acquire?

Becoming A Superhero

Identify anything that has come up for you that might be holding you back

Emotions

Name the emotion? _____

Where in your body do you feel that emotion?

What weight is associated with it – is it light or heavy?

Is there any heat associated with the feeling?

What about pressure?

What is your unconscious mind keeping you safe from?

What do you need to say to your unconscious mind to let this emotion go? (Often, a simple 'Thank you, but I've got this!' will suffice)



Becoming A Superhero

If the emotion lingers, or is more debilitating then complete this exercise: What is your earliest memory of experiencing this emotion?

What was happening? What can you remember?

Fast forward to today, and all of the learnings that you have, all the resources you have as an adult. How would the 'you' now deal with that situation? What advice would you give to yourself?

Continue to perform this exercise for other early instances of this emotion until you notice it lift.