

FEARLESS

I focus on my true nature, one of immense power, beauty, love and dazzling magnificence.

I choose to keep my focus on this truth throughout the day.

I invoke Archangel Michael to clear and release all my fears. I am asking for all cords tied to my fears to be released, and for my negative thinking to be cleared throughout time.

I take a deep breath in and I am now completely filled with divine love, courage and vitality.

I am courageous

DEFINITION

Fearless people are ones who acknowledge the fear, and are willing to face it. These people know fear is made up and do not allow fear to dictate their actions. A choice is made to feel fear, flex the courage muscle and take an action step forward.

QUESTIONS TO PONDER

Are your fears based on the present or what may occur in the future? Notice what triggers fear for you.

Does fear impact your body in any way, and if so how?

ACTION STEPS

pick one for each day or each week

Put into practice choosing to keep your thoughts on the present moment.

If you feel fear, immediately put your body in motion.
Action is an antidote to fear.

Focus on building your strengths as opposed to fixing your weaknesses.