

MOVING FROM FEAR...

THE MOVING FROM FEAR
WORKBOOK

THIS QUICK EXERCISE WORKBOOK IS
DESIGNED TO GET YOU MOVING FROM
SCARCITY TO ABUNDANCE IN TIMES OF
TRANSITION

IN TIMES OF UNCERTIANTY

OK. LET'S FACE IT.

IT'S ACTUALLY CRAZY IF YOU THINK ABOUT IT: WE'RE HIGHLY SKILLED IN OUR FIELDS, HAVE INCREDIBLE TALENT, WILD ACCOMPLISHMENTS + ALL OF THE BELLS + WHISTLES THAT SPELL OUT T-H-E-G-O-O-D-L-I-F-E.

BUT ON THE INSIDE? WE'RE ANXIOUS. WE'RE INSECURE. WE CAN'T FIGURE OUT HOW TO STOP BEATING OURSELVES UP ABOUT NOT DOING 'WELL ENOUGH' OR MOVING QUICKLY ENOUGH, OR MAKING DECISIONS WHEN WE ARE IN A TIME OF TRANSITION OR PIVOTING.

WE ALL JUST WANT TO FIGURE IT OUT TO ENJOY OUR DAMN LIVES RIGHT?

THAT'S WHY I'VE CREATED THIS GUIDEBOOK.

THIS IS A TOOL WHERE YOU CAN PLACE YOUR FEARS ON PAPER + CONFRONT THEM WITH A CRITICAL + COMPASSIONATE EYE + ASK YOUR BRAIN TO DETERMINE WHAT IS REALLY A THREAT + WHAT IS PERHAPS JUST A STORY YOU MIGHT BE TELLING YOURSELF. (AHEM. GUILTY!)

THIS IS A TOOL TO HELP NEUTRALIZE NEGATIVE THOUGHTS RATHER THAN BYPASS THEM OR TRY TO OVERRIDE THEM WITH OVERKILL OF POSITIVITY. (LET'S BE HONEST, THERE IS A HAPPY MEDIUM. LET ME HELP YOU FIND IT.

BUT MOST IMPORTANTLY THIS SHORT LITTLE GUIDEBOOK IS A TOOL DESIGNED TO GIVE YOU A BOOST TOWARDS CREATING A LIFE YOU'RE RADICALLY PROUD OF LIVING, TO HELP YOU MOVE OUT OF FEAR + SCARCITY MENTALITY, RIGHT INTO THE CENTER OF ALIGNMENT + ABUNDANCE THAT IS YOUR BIRTHRIGHT.

KEEP GOING.

SUBCONSCIOUS VS. CONSCIOUS THOUGHT

AND WHY THAT MATTERS IN A TIME OF FEAR

WE'RE LEARNING THAT IN TIMES OF STRESS, FEAR + PERHAPS EVEN TRAUMA, WHAT HAPPENS IN THE HUMAN BRAIN IS PRETTY MIRACULOUS. WITHOUT EVEN SKIPPING A BEAT, WE UNCONSCIOUSLY SWITCH FROM OUR RATIONAL THINKING, MORE DEVELOPED MIND + INTO THE MOST PRIMITIVE, DANGER FOCUSED PART OF OUR BRAIN. UNFORTUNATELY THROUGH THIS RESPONSE, OUR VISION + THOUGHT PROCESS GETS DISTORTED + EVEN IN SOME CASES HIJACKED COMPLETELY..

NO ONE IS EXEMPT FROM THIS. IT DOESN'T MATTER YOUR AGE, YOUR VOCATION, YOUR FINANCIAL BURDENS (OR MAYBE LACK THERE OF). WE ARE ALL IN THIS TOGETHER.

WE ARE ALL ESPECIALLY AT RISK WHILE WE ARE BEING CONTINUALLY INUNDATED WITH INFORMATION + CONSTANT NEWS UPDATES + MEDIA + NEWS OF OUR LOVED ONES LOSING THEIR JOBS...ALL OF THIS IS INFORMATION THAT IS BEING ABSORBED DIRECTLY THROUGH THE MIRROR NEURONS IN OUR EYES + THEN CONVERTED BY OUR BRAINS- FIRING UP OUR NERVOUS SYSTEMS IN A WAY THAT DOES DIRECT HARM TO OUR BODIES, MINDS + SOULS IF NOT TENDED TO WITH LOVING KINDNESS + MOMENTS TO REMEMBER, RE-PATTERN AND RE-CALIBRATE.

UGH.

BUT HERE COMES THE GOOD NEWS (YES, FINALLY)

WE CAN RE-WRITE THIS. WE CAN CREATE NEW NEURAL PATHWAYS IN THE BRAIN BY A PRACTICE OF WRITING DOWN WHAT'S TRIGGERING US INTO THIS NERVOUS SYSTEM RESPONSE, ANALYZING THE DATA + THEN CHANGING THE DIALOGUE THROUGH PATTERNING, UNDERSTANDING + REPETITION. THROUGH THIS WE THEN ENGAGE OUR PRE-FRONTAL CORTEX TO DIFFERENTIATE WHAT'S ACTUALLY HAPPENING FROM OUR THOUGHT ABOUT WHAT IS HAPPENING.

OK, READY?

LET'S GO.

FEAR TO FREEDOM WORKBOOK

PICK A THOUGHT/BELIEF THAT IS CURRENTLY STRESSING YOU OUT ABOUT THE ENVIRONMENT WE'RE LIVING IN NOW (OR ANYTHING ELSE IN YOUR LIFE) .



NEW THOUGHTS THAT SUPPORT MY UNDERSTANDING AROUND THIS NEW BELIEF

- 1) -----
- 2) -----
- 3) -----

NOW COME UP WITH A NEUTRAL THOUGHT/BELIEF THAT COULD REPLACE THIS. (THIS THOUGHT CAN BE JUST marginally BETTER...SAY YOU'RE AT 100% ANXIETY AROUND THIS "THING" RIGHT NOW, IF YOU CAN GET IT TO 90% WITH THIS NEUTRAL THOUGHT THAT IS A WIN!



RITUALS THAT SUPPORT MY GROWTH AROUND THIS NEW BELIEF

- 1) -----
- 2) -----
- 3) -----

THE DIRTY (+ INTENTIONAL) DETAILS

YOU CAN DO THIS WITH AS MANY OF BELIEFS THAT YOU MIGHT BE CURRENTLY WORKING THROUGH. GET CRAZY, MAYBE MAKE A GOAL TO RE-PATTERN AT LEAST TWO NEW BELIEFS INTO YOUR BRAIN. YOU'VE GOT NOTHING TO LOOSE AND EVERYTHING TO GAIN!

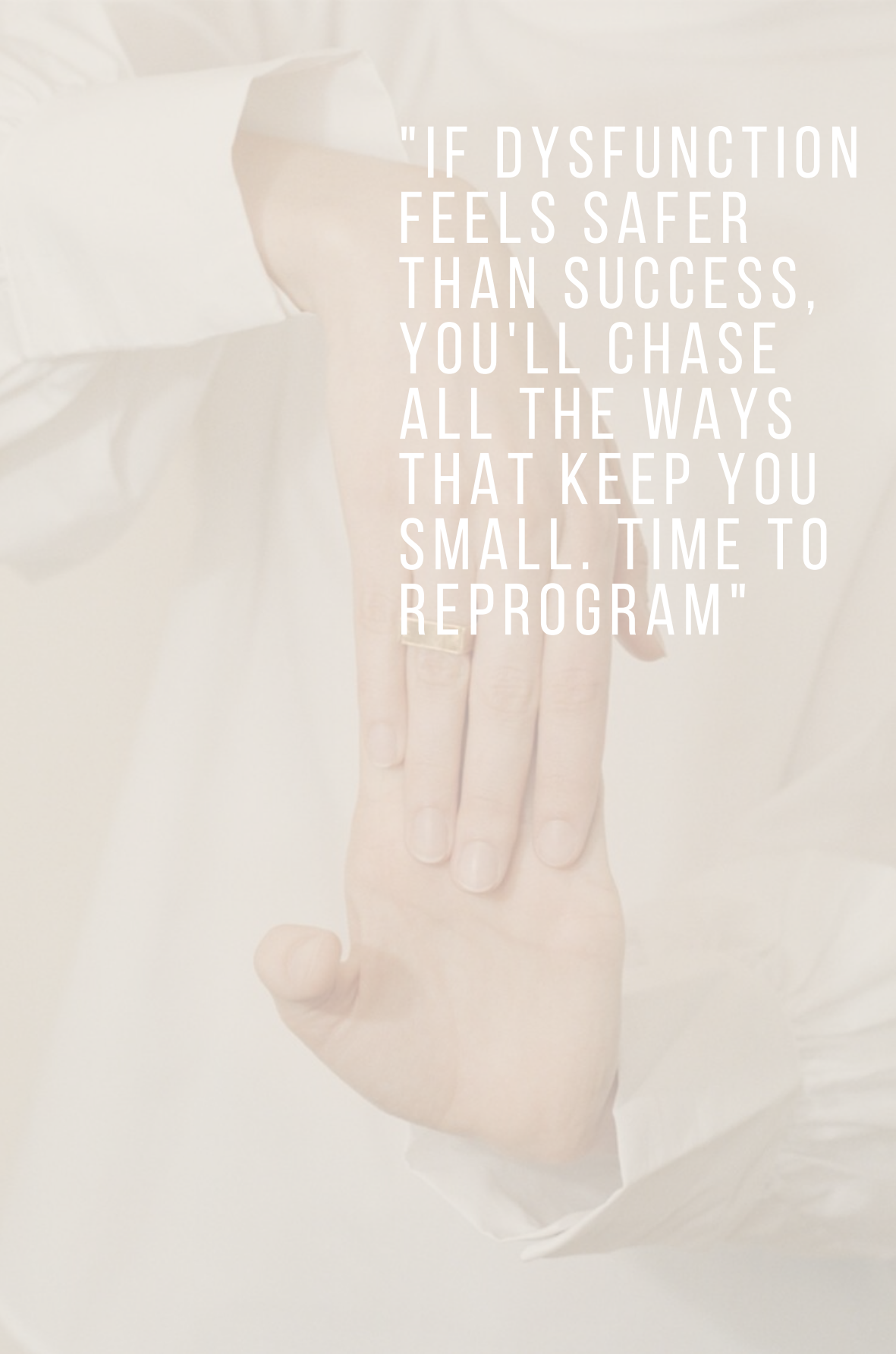
ONCE YOU'VE LAID OUT THESE NEW BELIEFS YOU'VE GOT TO PRACTICE THINKING THEM + SEE HOW THEY FEEL IN YOUR BODY. THE MOST IMPORTANT PIECE OF THIS PUZZLE IS THAT YOU'VE GOT TO BELIEVE THESE NEW THOUGHTS. IF YOUR NEW, NEUTRAL THOUGHT MAKES YOU GO "YA RIGHT" YOU'VE TAKEN IT A TOUCH TOO FAR. DIAL IT BACK UNTIL YOU THINK THE THOUGHT + GET NO RESPONSE FROM YOUR MIND. (OUR BRAINS KIND OF FUNCTION LIKE A RUTHLESS CROSS EXAMINING LAWYER AND WILL FIND *ANY* OPPORTUNITY TO FIND WAYS TO STAY THE SAME. IT FRANKLY DOES NOT CARE ABOUT OUR DISCOMFORT.)

ONCE YOU'VE LANDED WITH YOUR NEW BELIEF THAT FEELS LIKE TRUTH + SPARKS NO NEW RESPONSE TRIGGER IN YOUR BODY, YOU CAN NOW BEGIN TO RE-WRITE THE PATTERNING BY REPEATING THIS NEW THOUGHT MULTIPLE TIMES A DAY. I LIKE TO PRACTICE THIS MORNING + NIGHT BUT IF YOU'RE EVEN MORE DEDICATED TO YOUR HEALING + GROWTH YOU CAN SET A TIMER ON YOUR PHONE + REPEAT THESE NEW THOUGHTS MANY TIMES A DAY. YOU SIMPLY CANNOT OVER DO THIS.

EVERY TIME YOU MAINTAIN YOUR AWARENESS ON YOUR NEW, NEUTRAL THOUGHT, YOU ARE CREATING A NEW PATHWAY IN YOUR BRAIN. YOU ARE CREATING YOUR NEW REALITY. YOU ARE CO-CREATING YOUR OWN LIFE.

CAN YOU FEEL THE MAGNIFICENCE OF THAT? I CAN.

GO GET IT LOVES. I'M RIGHT HERE WITH YOU. XO

A close-up photograph of a hand in a white, long-sleeved garment. The hand is positioned palm-up, with fingers slightly spread. A gold ring is visible on the ring finger. The background is a soft, out-of-focus white fabric. Overlaid on the hand is a quote in white, uppercase, sans-serif font.

"IF DYSFUNCTION
FEELS SAFER
THAN SUCCESS,
YOU'LL CHASE
ALL THE WAYS
THAT KEEP YOU
SMALL. TIME TO
REPROGRAM"

SO WHAT'S NEXT?!

THINK OF A WORD OR A SHORT SENTENCE TO EMPOWER + NOURISH YOUR SOUL, THIS IS YOUR MANTRA. REPEAT IT EVERY DAY UNTIL YOU FEEL THAT IT IS COMPLETE, THEN PREPARE ANOTHER ONE. THROUGH REPETITION + PATTERNING WE REPROGRAM THE BRAIN + THE SUBCONSCIOUS. THIS IS A POWERFUL EXERCISE + ONE YOU CAN RETURN TO MONTHLY FOR GUIDANCE.

SET YOUR INTENTIONS + THINK OF DAILY ACTIONS TO GET YOU THERE.

KEEP TRACK OF THE WAY YOU FEEL, SEE IF YOU CAN PUT A CHECK MARK ON YOUR CALENDAR AS YOU COMPLETE YOUR DAILY RITUALS + ACTIONS TO GET YOU CLOSER TO YOUR INTENTIONS EVERYDAY + EVERY NIGHT THIS MONTH. THEN REPORT BACK HOW YOU FEEL AFTER A 30 DAY (OR LONGER) COMMITMENT TO YOUR SELF.

BE HONEST, SEE YOU HOW YOUR MOOD + FEELINGS SHIFT.

FINALLY,

WORK WITH ME 1:1

IF YOU'RE FEELING CALLED TO WORK WITH ME ON YOUR OWN PERSONAL JOURNEY, PLEASE REACH OUT + WE CAN TAILOR A HEALING SESSION SPECIFICALLY TO WHAT YOU MIGHT BE CALLING IN/WORKING THROUGH.

THIS WORK CONTINUALLY BRINGS ME BACK TO MY UNWAVERING DESIRE TO SHARE, SERVE + SEE YOU AS YOU ARE, WHEREVER YOU ARE IN YOUR JOURNEY.

AS ALWAYS, PLEASE EMAIL ME AT INFO@VANESSADEZUTTER.COM IF YOU HAVE ANY QUESTIONS OR COMMENTS!

IF YOU LOVED THIS WORKBOOK + FELT IT HELPFUL IN YOUR PROCESS, PLEASE FEEL FREE TO SHARE + TAG ME ON INSTAGRAM SO THAT I CAN SEE ALL OF YOUR BEAUTIFUL + NOURISHING 2020 RITUALS + INTENTIONS.
FIND ME THERE @VANESSADEZUTTER

WITH YOU,
ENCOURAGING YOU,
SEEING YOU, V.