





In the margin next to your fears mark down the likelihood of them happening as one of three categories:

NOT = most likely NOT going to happen

MEDIUM = medium chance of happening

LOW = low chance of happening

(Hint: Only fears that are immediately life-threatening are worth fearing.)

Now put a star next to any that you know are either holding you back, adversely affecting your life or you wouldn't want to pass on to future generations.

Write down one fear below that you MOST want to eradicate from your life right now and why.

How will you feel to be free from this fear? What are the potential positives after releasing this fear? What could change in your life?

What ideas do you have for overcoming this fear?



Thank you for listening to the Project Me Podcast! In Episode 3 I shared about Emotional Acupuncture and in upcoming episodes I will share other modalities I love for releasing fears and overcoming blocks.

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Membership includes a monthly live workshop with me, my Start Here programme, an online community of women from all over the world who are working on their Project Me's together + so much more.

To find out about my 4-week **High Vibe Journey** programme, go to
www.myprojectme.com/high-vibe-journey

If you haven't yet got the free **Project Me Life Wheel®** head to
www.myprojectme.com

The Project Me book is available on Amazon and all good book sellers.

Until next time, open your mind, open your heart - and stay curious.

Positively yours,
Kelly x



Kelly Pietrangeli is the creator of Project Me, a global movement of women who are stepping out of auto-pilot and consciously creating their lives.

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