

STELLAR *Life*

Hosted By *Orion*

The Art of Loving Fear

10 Point Checklist

Kristen Ulmer

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

STELLAR *Life*

Hosted by *Orion*



"Our demons don't know why we don't love them."

KRISTEN ULMER

10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- ☐ Own the feeling of fear rather than avoiding it. Avoiding it won't make it go away because fear never leaves. Owning fear lets you use it to your advantage.
- ☐ Turn fear into a source of motivation. If you're afraid of rejection, let that motivate you to become better at dealing with people.
- ☐ Do not interpret fear as good or bad. It is simply fear. Nothing more, nothing less.
- ☐ Don't be too hard on yourself the moment you feel fear. Fear is a natural part of life and we all experience it at some point.
- ☐ Don't solve your emotional struggles intellectually. You need to deal with your struggles on an emotional level by facing them in your body.
- ☐ Locate the sensation of discomfort that you label as fear. Face that fear in your body by taking a quiet pause and closing your eyes for several minutes.
- ☐ Remind yourself that it's okay to feel discomfort when you're under pressure. It's another reminder that you are human.
- ☐ Find an outlet to express your fears. Suppression can lead to more serious problems like addiction, anxiety and depression.
- ☐ Let yourself feel all your feelings. Let out your emotions but don't dwell on them for too long. The goal is to have a more powerful, effective release.
- ☐ Use love to counteract fear. Love brings forth good emotions like gratitude, forgiveness, and acceptance.