



Module 2

Releasing Fear

Letting go of fear and moving forward.

FEAR is the biggest block to abundance. Letting go of fear will allow you to move forward.

In this module you will:

- Face your fears and take away their power
- Learn how to distinguish between true and false fears
- Release fear and watch abundance grow
- Feel worthy of Love, Joy, and Prosperity

Be the
ENERGY
you WANT
to attract

Review of Module 1

What thoughts did you discover that were blocking your abundance?

How did you feel after listening to the meditation? Did it help you shift into thoughts that put you into the vibration of abundance?

What manifestations did you see in reference to abundance this last week?



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- **Release fear and watch abundance grow**
- **Feel worthy of Love, Joy, and Prosperity**



Face your fears and take away their power

Facing your fears is the first step you are going to take. Write down all the things that are currently causing you fear, worry or anxiety.

1. _____
2. _____
3. _____
4. _____
5. _____



Distinguishing between true and false fears

Next take time to journal about each of these and determine if you are in real danger or if the danger is imagined and may never actually happen.

Write down the false fears below.

1. _____
2. _____
3. _____
4. _____

Now write down any real fears that remain.

1. _____
2. _____
3. _____
4. _____



Release fear and watch abundance grow

We are now going to begin to release these fears so that you can manifest the abundance you want into your life.

Write down your first fear _____

Take time to imagine the worse-case scenario. Let all the fear, dread, etc. come forth. Write it all down.

Next write what is the exact opposite of what you fear?



Listen to the 2nd audio meditation EVERY day. Use headphones so you will not have any distractions. Below, write how you feel each day after your listen to the recording:
