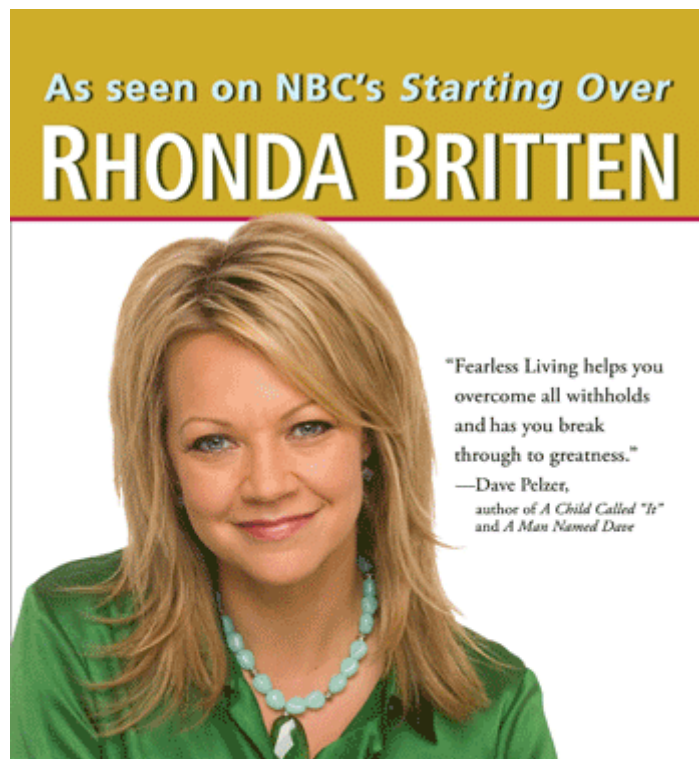


# Fearless Book Group Study Guide

*A Companion to the Book.....*



**FEARLESS**  
**LIVING**

Live Without Excuses and Love  
Without Regret

**Fearless Living: Live without Excuses, Love without Regrets****Table of Contents**

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## How to Get the Most from Each Chapter of Fearless Living

1. Read the chapter assigned in the Fearless Book Group (FBG) Study Guide before your FBG meeting. Note: chapters are not in order. This guide is designed to give you maximum benefit of *Fearless Living: Live Without Excuses and Love Without Regret*. Please follow the outline of the chapters provided in this Study Guide to enhance your comprehension and application.
2. Complete the Fearbuster Exercises in each chapter before your FBG meeting.
3. Together, study the chapters reflecting on the questions I have provided as your guide. Answer as many questions that time allows. To ensure understanding, we encourage each member to review, on their own, the questions for each chapter. This will support the FBG as a whole and each member individually.
4. Assign the Fearless Integration Homework. This will support your FBG in mastering Fearless Living rather than just reading about it. Integration is the key.
5. Review at the beginning of each FBG meeting the insights, changes and results each member experienced regarding the chapter studied the week before. This ensures further integration of the chapters. Allow between three to five minutes maximum per member.
6. Choose a facilitator for the meeting. That person is designated to keep the group focused on the questions to make sure integration is being supported.
7. Share. Share. Share. This is the time to find out you are not alone. We all have fear and your willingness to share yours helps the entire group be more honest with themselves.
8. Complete each FBG by asking each Team Member to share one gratitude and one acknowledgement regarding that meeting.

## Chapter 1 - What is Fear?

In addition please read the Introduction

***“Fear’s number one job is to guard you against any negative feelings that confirm your worst fear – that you are not good enough. Fear is the gatekeeper of your comfort zone.”***

**-Rhonda Britten**

**Discuss Chapter One. Use the following questions as your guide.**

1. What did you learn about fear reading Chapter One?
2. Did Chapter One change your view of fear? How?
3. How does fear show up in your everyday life?
4. Discuss how your perception of fear could influence your decisions and your view of the world?
5. What areas of your life are run by fear?
6. What actions do you take when you are in fear?
7. When you think of fear, what comes to your mind?
8. Name one event or situation where fear has played a part in your life?
9. Where does fear show up in your body?
10. Are there any areas or situations in your life where you think you need fear?
11. Does fear motivate you? If so, does it allow you to be happy?
12. Where you able to see any immediate shifts or awareness in your daily life since reading the chapter?
13. Any other insights you had regarding how fear has ran your life?
14. If you were not afraid, how would your life be different?
15. If fear did not stop you, who would you be?

### **Fearless Integration**

Notice the subtle ways fear shows up. Jot down the answers to the following questions daily.

1. Where did the fear show up?
2. Where in your body did you feel it?
3. When did you notice fear stopping you? What did you do, or not do?
4. Did you notice fear showing up in others?
5. What Fearless Action did you take today?

## Chapter 6 – Expectations

*“Fear lives in our language.”*

**-Rhonda Britten**

**Discuss Chapter Six. Use the following questions as your guide.**

1. Review page 144. Name your top three words of expectations.
2. How have expectations been thwarting your life?
3. Identify one person you presently have a silent contract with?
4. What do you do when your expectations are not fulfilled?
5. How often do you silently punish someone for not fulfilling your expectations?
6. Do you get disappointed more in others or in yourself?
7. Do you want to be extraordinary? If so, how is that keeping you in expectations?
8. What expectations must be met by the people who love you?
9. Is there someone you are disappointing? Who?
10. Do you want to live up to another's expectations?
11. What benefits are there to keeping high expectations?
12. What is the cost of having high expectations of yourself and others?
13. What is the difference between expectations and intentions?
14. Name an intention that could replace an expectation.
15. How do intentions support you on your Fearless Path?

### **Fearless Integration**

1. Expectations will always build evidence for you and against others. Is there someone in your life that is disappointing you? Someone who is not living up to your expectations?
2. How are you proving them wrong and making yourself right?
3. For the next week, write down every time you think or say, “I can't, should, if only, supposed to.” This will help you notice how often you are in expectation.
4. What proactive behaviors could support you as you move into intention?
5. For example: Saying, “I don't know,” when you don't, ask for help, meditate, give a compliment, say 'no' when you mean 'no'.

## Chapter 7 - No Excuses

***“Give yourself a break yet don’t let yourself off the hook”***

**-Rhonda Britten**

**Discuss Chapter Seven. Use the following questions as your guide.**

1. What excuses did you use this week? Time? Money? Children? Relationship? Etc.?
2. How have excuses kept you from fulfilling your potential?
3. What area of your life is most affected by excuses?
4. Name your top three excuses?
5. What is the difference between “I should” versus “I choose”?
6. How do excuses compromise your integrity?
7. What insights did you gain from doing the Life Log?
8. What was the most difficult aspect about keeping a Life Log?
9. Is there someone in your life you are unwilling to forgive?
10. Where are you still punishing yourself instead of forgiving yourself?
11. How is being unforgiving holding you back in your life?
12. Does forgiving mean you agree with their behavior?
13. Were you willing to let go of a situation or a person this past week? How about now?
14. What is the benefit of forgiving the unforgivable?
15. What is the cost of unforgiveness to your self-esteem? Your soul? Your heart?

### **Fearless Integration**

1. Keep a Life Log this week (Pages 189-194). Minimally, pay attention to one area of your life where you would like to move forward. The Life Log is a powerful support tool. It affirms your progress by keeping track of your shifts and changes. It shows you when fear is in control or when you are in freedom.
2. Ready for more change? Keep a Life Log for three months. Every half-hour write down the word “choice” or “should.” This is a simple way for you to increase your awareness of whether your life is in fear or freedom. “Should” has built in excuses. “Choice” is based in personal accountability. It will become clear what areas of your life your Wheel of Fear is leading the way and when your Wheel of Freedom is at the helm.
3. List all the people in your life you have refused to forgive. Write down the people in your life you are silently, or not so silently, punishing. What do they have to do in order for you to forgive them? Review the stages of forgiveness.

## Chapter 8 - No Complaining

***“Complaining advertises your fears”***

**-Rhonda Britten**

**Discuss Chapter Eight. Use the following questions as your guide.**

1. Name your three most frequent complaints.
2. Who are you complaining buddies and the subjects of the complaints?
3. When do complaints seem justified?
4. When do you substitute complaining for conversation?
5. How do complaints help someone avoid personal responsibility?
6. Is there an area of your life where complaints are more prevalent?
7. What are your complaints costing you?
8. What are the benefits of having complaints?
9. How do you feel about yourself after you complain?
10. Name your three top venting partners and areas of venting?
11. Name three things you are grateful for?
12. What area of your life is it challenging to be in gratitude?
13. Can you turn that complaint into gratitude? If no, request help from your Fearbuster Group.
14. What is the difference between feelings and intuition?
15. How could your life change if you would be grateful for everything and anything?

### **Fearless Integration**

1. Many times complaining is an unfulfilled request, a question we haven't asked, issues we didn't confront and problems we refuse to face. List your top ten complaints and determine if they are an unfulfilled request. Take action to solve one of your complaints.
2. Pay attention to the difference between acting on your feelings versus acting on your commitments.
3. Eliminate the word “why” from your vocabulary for one week and replace it with “how.” How does “why” keep you stuck in the problem and “how” move you forward?

## Chapter 9 - No Beating Yourself Up

***“Beating yourself up is the number one tool the Wheel of Fear uses against you.”***

**-Rhonda Britten**

**Discuss Chapter Nine. Use the following questions as your guide.**

1. What words do you use to beat yourself up?
2. How do you feel when you beat yourself up?
3. What area of your life do you beat yourself up regularly?
4. Name one of the best compliments you have received? Reason?
5. When is it difficult to accept a compliment?
6. What standards or rules do you have for accepting compliments?
7. What do you say to yourself when you receive a compliment that you don't agree with?
8. Are you able to give compliments to another?
9. How do you feel when you receive a compliment? Give a compliment?
10. What is more challenging: Accepting compliments or acknowledging yourself?
11. How is acknowledging yourself different than bragging about yourself?
12. What is the difference between gratitude's and acknowledgments?
13. How does it feel when you acknowledge yourself?
14. How do you switch from beating yourself up to acknowledgements?
15. What is the benefit of accepting compliments and acknowledging yourself?

### **Fearless Integration**

1. Ask yourself frequently throughout the day, “Am I empowering or disempowering myself?” When you disempower yourself, fear is in control. If you choose to empower yourself, you are giving freedom a chance.
2. Whenever you are talking to yourself ask, “Is what I am saying to myself (and others) loving, compassionate, kind, empowering or insightful?” If the answer is yes, you are on your Wheel of Freedom. If the answer is no, your Wheel of Fear is on patrol.
3. Most people have a hard time with either acknowledgements or gratitude's. Individuals who have a hard time acknowledging themselves usually blame themselves. If someone has a hard time with gratitude's, those individuals have a tendency to blame the world for their problems. Which type of person are you?

## Chapter 2 - Wheel of Fear

***“Fear is an affirmation of your growth.”***

**-Rhonda Britten**

**Discuss Chapter Two. Use the following questions as your guide.**

1. What was the biggest insight you had regarding your Wheel of Fear?
2. Did you notice your Wheel of Fear more or less than you thought you would?
3. Are there any areas of your life where your Wheel of Fear pops up regularly?
4. Did your Wheel of Fear surprise you at any time this week?
5. What types of people bug you? Use Trigger words as your guide.
6. What Trigger word are you avoiding?
7. What feeling do you want to avoid at all cost? Use Core Negative Feeling words as your guide.
8. What do you think is your Trigger?
9. What do you think is your Core Negative Feeling?
10. Name your most frequent Fear Responses?
11. Name one judgment, opinion or frustration. How does fear play a part?
12. You are not your Wheel of Fear. Do you believe that?
13. How will identifying your Wheel of Fear help you with your day-to-day decisions?
14. What are the potential drawbacks to knowing your Wheel of Fear?
15. How will understanding your Wheel of Fear support a Fearless Life?

### **Fearless Integration**

1. Continue to add to your list of Fear Responses. The longer your list, the more often you will be able to catch yourself when you are on your Wheel of Fear. This will create more opportunities to step into freedom.
2. Pay attention to the world and notice how often people are in their Wheel of Fear. Remember when people are grumpy, mean and generally not nice, they are on their Wheel of Fear. Do you take other people's frustrations personally? Do you allow another's Wheel of Fear to become your own?
3. Define your Trigger word and Core Negative Feeling. Do not use a dictionary. Use color, imagery or anything else that will support you in understanding your Wheel of Fear and how it shows up in your life.

## Chapter 3 - Wheel of Freedom

***“You are not your Wheel of Fear. You are your Wheel of Freedom.  
The Wheel of Freedom is not the opposite of the Wheel of Fear.  
It is also not the positive flip side.”***

**-Rhonda Britten**

**Discuss Chapter Three. Use the following questions as your guide.**

1. What did you learn about your Wheel of Freedom this week?
2. Were any of the Wheel of Freedom Fearbuster Exercises easy or challenging?
3. Were you able to move from fear to freedom any moment this week?
4. If so, when? How did you shift from fear to freedom?
5. Tell me the top three qualities your heroes possess?
6. What quality do you secretly believe you cannot possess? Use Essential Nature words as your guide.
7. If you could give one gift to someone you love, what would it be? Use Wholeness words as your guide.
8. What do you think is your Essential Nature?
9. What do you think is your Wholeness?
10. What is the difference in your behaviors when you live in fear versus when you choose freedom?
11. What Proactive Behaviors did you consciously choose this week?
12. Is there any area of your life where your Wheel of Freedom rules?
13. How do you feel about yourself when you choose your Wheel of Freedom?
14. What are the benefits you receive by choosing your Wheel of Freedom?
15. Tell me how learning your Wheel of Freedom could alter your life?

### **Fearless Integration**

1. Continue to write down Proactive Behaviors that will support you in igniting your Wheel of Freedom. It is helpful to create and carry a list of at least 10 Proactive Behaviors. When you become aware of your Wheel of Fear take a Proactive Behavior that will support you in freedom. If the first one doesn't seem to work, repeat it and/or move onto another. Become an expert at creating Proactive Behaviors that you can use at any time.
2. Jot down when you notice any of the signs of the Wheel of Freedom. The signs are -being present, acceptance, inner strength, centered, empowered, detached, abundance, energized, satisfaction, engaged, curious, and synchronicity.
3. Define your Essential Nature and Wholeness. Do not use a dictionary. The more thorough your definition, the quicker you'll recognize your Wheel of Freedom.

## Chapter 4 - Fear Junkies

***“Fear Junkies are acting from their own Wheel of Fear.  
Their behavior is unconsciously driven by fear  
and has nothing to do with you.”***

**-Rhonda Britten**

**Discuss Chapter Four. Use the following questions as your guide.**

1. Who are the Fear Junkies in your life that you also call friends?
2. Are you surprised by anyone on your list?
3. How have Fear Junkies influenced your day-to-day decisions?
4. How have Fear Junkies impacted your life overall?
5. Is there a dream you have given up due to Fear Junkie influence?
6. What type of Fear Junkie is most prevalent in your life?
7. How do you feel when you are around Fear Junkies?
8. When are you a Fear Junkie?
9. Are you being a Fear Junkie in someone else's life under the guise of caring?
10. How do you feel when you are being a Fear Junkie?
11. What is the benefit of being a Fear Junkie?
12. What is the benefit of having Fear Junkies in your life?
13. What is the cost of being a Fear Junkie?
14. What is the cost of having Fear Junkies in your life?
15. Are you willing to give up being a Fear Junkie?

### **Fearless Integration**

1. You can't change anyone else's behavior only your response to the Fear Junkies in your life. How could you change your behavior around Fear Junkies? Name one thing you could do with each type of Fear Junkie.
2. Notice this week how you connect with people. Do you initiate complaining to stay connected with someone? Do you agree with their limited viewpoints to be accepted? Do you compromise your opinions in order to be liked?
3. Keep track of how Fear Junkies affect your decisions this week.

## Chapter 5 - Fearbuster Team

***“Just because they are your friend or family member,  
does not guarantee support.  
No one person can support you in everything.”***

**-Rhonda Britten**

**Discuss Chapter Five. Use the following questions as your guide.**

1. Name your top five Fearbuster Team members?
2. How do the Fearbusters in your life support you?
3. What qualities or characteristics qualify them as a Fearbuster?
4. What areas in your life would you like more Fearbusters?
5. How could you increase your Fearbuster Team?
6. Is there someone you could hire to maximize your Fearbuster Team? Who?
7. Which potential acquaintances could you turn into Fearbusters?
8. Are you willing to ask for help from your Fearbuster Team?
9. What area of your life could you benefit from more support?
10. What is the benefit of having a Fearbuster Team?
11. How do you feel around your Fearbuster Team?
12. Compare how you feel when you are around Fear Junkies versus Fearbusters?
13. Who are the people in your life that are Fear Junkies in one area and Fearbusters in another?
14. Are you a Fearbuster for someone else?
15. What is one thing you could do to maximize your Fearbusting skills?

### **Fearless Integration**

1. Relationships are two-way streets. As you take better care of yourself, you are better able to help others without fear being your motivating force. How could you be a better Fearbuster to yourself?
2. When we are in our Wheel of Fear, it is difficult to remember for ourselves what our commitments are. Discuss with one of your main Fearbuster Team members how you can better support one another.
3. Being a Fearbuster means keeping firm boundaries and taking full responsibility for our own actions, thoughts and feelings. What area of your life could benefit from firmer personal boundaries? How is fear keeping you from putting the boundary in place? Who could support you in making and keeping boundaries?

## Chapter 10 - The Fearless Path

***“When you become Fearless, fear becomes your guidance system.”***  
**-Rhonda Britten**

**Discuss Chapter Ten. Use the following questions as your guide.**

1. What would your life look like if you took the focus off results?
2. What are you attached to that you are unwilling to release?
3. What would you be like if you detached from what you *think* should happen and instead, was open to what *could* happen?
4. What would your life look like if you “invested fully in your intention?”
5. What area of your life are you hesitating to invest your time, money and energy?
6. What does "standing for the truth" mean?
7. When do you have difficulty "standing for your truth"?
8. What takes priority: kindness to yourself or kindness to others?
9. What does the “uncomfortable zone” mean to you?
10. What messages of the past still haunt you?
11. What is the difference between feeling like a phony and faking the truth?
12. What are your concerns about being able to live fearlessly?
13. What would living fearlessly look like to you?
14. How has your life changed since beginning the Fearless Path?
15. What impact has Fearless Living had on your life?

### **Fearless Integration**

1. What would your life look like one year from now if you continued on your Fearless Path?
2. Name three things you are willing to commit to completing in the next year?
3. Write down twenty-five gratitude's and twenty-five acknowledgements regarding your shifts, changes and results since reading Fearless Living?

## My Fearbuster Team

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**Phone:** \_\_\_\_\_

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