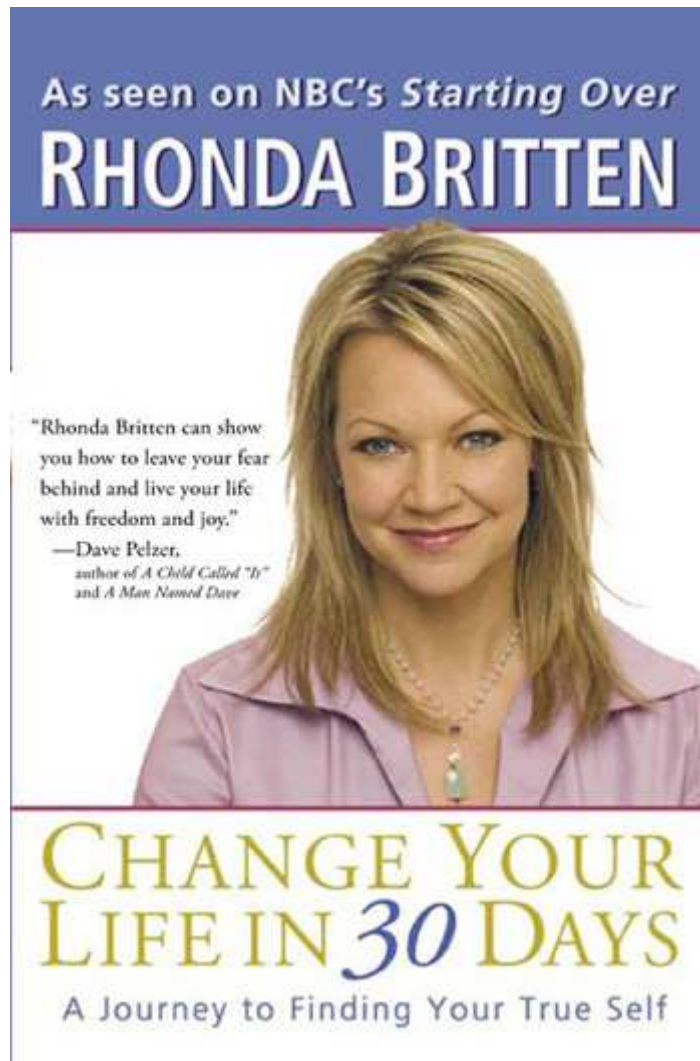


Fearless Book Group Study Guide

A Companion to the Book.....



Change Your Life in 30 Days

Table of Contents

How to Get Most from Each Chapter3

Day 1-A New Beginning4

Day 2-Give Credit Where Credit is Due5

Day 3-Building Your Confidence Muscle6

Day 4-Purpose and Passion.....7

Day 5- Affirmations, Intentions, and Goals.....8

Day 6- Stretch, Risk, or Die9

Day 7-Are You Making It Up or Is It True?.....10

Day 8-The Freedom of Discipline11

Day 9-Shine Your Light12

Day 10-Integration.....13

Day 11-Regrets.....14

Day 12-Ask For What You Want.....15

Day 13-The Power of Words.....16

Day 14-Liar, Liar17

Day 15-Trusting Heart.....18

Day 16-The Myth of Balance19

Day 17-Excuses.....20

Day 18-Intuition21

Day 19-Forgiveness22

Day 20-Momentum23

Day 21-Luck, Fate, and Destiny24

Day 22-The Gift of Rejection25

Day 23-For or Against.....26

Day 24-What’s Love Got To Do With It?.....27

Day 25-Forget Motivation28

Day 26-Never Confront Again29

Day 27-Redefining You.....30

Day 28-Beautiful You31

Day 29-Heaven32

Day 30-Let Me Introduce You to Yourself33

My Fearbuster Team34

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. This guide is designed to give you maximum benefit of *Change Your Life in 30 Days*. 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 we 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 *Change Your Life* 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.

Day 1 - A New Beginning

“Discovering the true you is a journey that begins today.”

-Rhonda Britten

Discuss Day 1. Use the following questions as your guide.

1. What does being true to yourself mean?
2. What is personal integrity to you?
3. What does it mean to put personal integrity above a promise to another?
4. Which do you listen to most, your head or your heart?
5. What does being authentic look like to you?
6. What obstacles might get in your way of being authentic?
7. What words are you using to describe what you want in your life? Define these words.
8. On a scale of 1-10 (10 being terrified), how scary is the thought that your life is about to change?
9. What would be possible if you were true to yourself during the next 30 days?
10. What is standing between you and success?
11. What did you learn about expectations in this chapter?
12. What has prevented you from being true to yourself in the past?
13. What type of support are you willing to ask for during the next 30 days?
14. What 3 changes would you like to have happen in the next 30 days?

Fearless Integration

1. What is one action you took today to be more true to yourself? How will being true to yourself support you during the next 30 days?
2. What are you willing to do to be more true to yourself over the next 30 days? Define what you want for yourself in the next 30 days. Be specific. List the ways you are going to measure your success along the journey. Who can you ask for support?

Day 2 - Give Credit Where Credit is Due

“Learning to focus on what you are doing, versus what you want to do, will help you stay true to yourself moment to moment.”

-Rhonda Britten

Discuss Day 2. Use the following questions as your guide.

1. What is your filtering system?
2. How might awareness of your filter support you in making changes?
3. How has your filter served you? What is your filter costing you?
4. What filter would you like to have?
5. What possible shifts could happen if you changed your filter?
6. How does it feel when you give a compliment? When you receive one?
7. What is your understanding of acknowledgments?
8. What areas of your life are easy to acknowledge?
9. In what ways are you judging yourself?
10. What did you discover in writing 50 acknowledgments?
11. What feelings do you have when acknowledging yourself?
12. Where are you doing better than you think you are?
13. What are you willing to give yourself credit for now?

Fearless Integration

1. What have you not given yourself credit for today? What are you willing to give yourself credit for now?
2. Begin writing 5 acknowledgments daily. Journal once a week about your personal discoveries. How do daily acknowledgments support the changes you have decided to work toward in these 30 days? In what areas could you give yourself more credit? What changes have you noticed in yourself?

Day 3 - Building your Confidence Muscle

“Self confidence is the result of taking risks.”

-Rhonda Britten

Discuss Day 3. Use the following questions as your guide.

1. Explain what confidence means to you.
2. How could feeling your feelings build confidence?
3. What risks are you avoiding?
4. How could having compassion for yourself support you in having more confidence to take risks?
5. What is “external” confidence?
6. Where do you have external confidence?
7. What is “internal” confidence?
8. Where would you like to have more internal confidence?
9. Name a risk you have not taken for fear of being judged.
10. What feelings are you afraid to feel?
11. What could you be giving yourself more credit for?
12. What could happen if you could count on yourself more?
13. What is one step you are willing to take to build more confidence?

Fearless Integration

1. What would your outlook on life be if you had more confidence? What areas of your life do you have confidence? Where would you like to have more?
2. Keep a log of times when you counted on yourself this week. What feelings did you experience? What did the external confidence look like? What did the internal confidence feel like? What actions did you take and not take?

Day 4 – Purpose and Passion

“Purpose directs passion and passion ignites purpose.”

-Rhonda Britten

Discuss Day 4. Use the following questions as your guide.

1. What is your understanding of purpose? Passion?
2. Where is your purpose showing up in your life?
3. What are you passionate about?
4. What areas of your life lack purpose and passion?
5. What fears about purpose and passion are you ready to face?
6. How does fear block you from experiencing passion?
7. When you think about purpose, what feelings come to mind?
8. How could your willingness to feel your feelings fuel your passion?
9. What does “true purpose is never selfish” mean to you?
10. What do you enjoy doing in your every day life?
11. How do your life lessons give you clues to your purpose?
12. How could investing in the life you have serve to reveal your true purpose and ignite your passion?

Fearless Integration

1. Examine the things you are passionate about. What is the common thread? Where does that “thread” show up in your life right now?
2. Keep a daily lessons log. What are you learning in the connections you make with others each day? How is your purpose unfolding daily as you practice being more loving and more compassionate to yourself? Share your insights with a support buddy.

Day 5 – Affirmations, Intentions and Goals

“Intentions are powerful statements that can make dreams come true.”
-Rhonda Britten

Discuss Day 5. Use the following questions as your guide.

1. What does inner satisfaction mean to you?
2. How has the desire for outer success (living well) shown up in your life?
3. What is the difference between living well and being truly happy?
4. How could affirmations support you during the next 30 days?
5. What is an intention?
6. What is the difference between affirmations and intentions?
7. Share the benefits of using intentions daily.
8. What is the importance of having flexible and varied goals?
9. How do goals support intentions?
10. In what areas of your life might intentions be useful?

Fearless Integration

1. What are the guidelines to creating an empowering intention? What is possible for you if you live your life with intention?
2. Pick one area of your life where you have a desire to have something happen and write an intention for it. What are you willing to do to make your dreams come true here? What goals will support you to live your intention and change your life?

Day 6 – Stretch, Risk, Die

“Face your life. Face your fears. Risk. And be willing to kill off your old negative, confining thoughts.”

-Rhonda Britten

Discuss Day 6. Use the following questions as your guide.

1. Explain the Stretch, Risk or Die exercise.
2. How much of your day is spent in your comfort zone?
3. What is possible if you step into your Stretch, Risk or Die areas?
4. What decisions are you avoiding?
5. What is the benefit of staying in your comfort zone?
6. How do the costs of staying in the comfort zone show up in your life?
7. What feelings come to mind when you think about taking a Stretch? Risk? Die?
8. What fears do you have about using the Stretch, Risk or Die exercise?
9. What would be empowering about using this exercise?
10. What Stretch, Risk or Die are you willing to take this week?

Fearless Integration

1. Look at the changes you want in your life. How could using the Stretch, Risk, or Die exercise foster change in your life?
2. Name a challenge you have in your life. Commit to a daily action that will move you forward. Identify it as a Stretch, Risk, or Die. Share your insights with a support buddy.

Day 7 – Are You Making It Up or Is It True?

“Making things up only keeps you stuck in your fears and frustrations”
-Rhonda Britten

Discuss Day 7. Use the following questions as your guide.

1. What are your top 3 insights from this day?
2. How do insecurities fuel made-up thoughts?
3. What feelings do you have when you are making things up?
4. What is the impact on your relationships when you make things up?
5. What decisions have your false perceptions allowed you to make?
6. What truths about yourself are you ready to face today?
7. What feelings do you use to justify what you make up?
8. How would you define self worth?
9. On a scale of 1 to 10 (10 being the most), how much self worth do you have?
10. How does putting others down and name-calling disempower you?
11. List 5 things that you have made up in the last 24 hours.
12. How could brainstorming other reasons why people behave the way they do support you in being true to yourself?

Fearless Integration

1. Think about a challenging relationship. What have you been making up? How has that information impacted the relationship?
2. Create a list of where and with whom you make things up. Identify whether those thoughts empower or disempower you. If they disempower, what thought would empower you?

Day 8 – The Freedom of Discipline

“True freedom lies within lessons of self-discipline”

-Rhonda Britten

Discuss Day 8. Use the following questions as your guide.

1. How do you define discipline?
2. Where do you want success but have not put in the hard work?
3. What could change if you embraced discipline?
4. What areas of your life could benefit from having more discipline?
5. What insights did you have in doing the Life Log?
6. What do you feel you deserve?
7. What feelings do you have when you think about what you deserve?
8. How does discipline show up in your life?
9. How do you hold yourself accountable?
10. What do you do to avoid accountability?
11. How will acknowledging yourself support your choice to have more discipline?
12. How could discipline lead to freedom?

Fearless Integration

1. What one area of your life would you like to have more discipline? What would change if you held yourself accountable and focused on one skill at a time?
2. Journal the insights you had while doing your life log. What showed up on your life log? What did you think would show up? How was this a useful exercise? What truths are you now willing to face? What changes are you willing to commit to?

Day 9 – Shine Your Light

***“Shining gives you permission to enjoy life. Permission to be passionate.
Permission to be excited about what you do and who you are.”***

-Rhonda Britten

Discuss Day 9. Use the following questions as your guide.

1. What does shine your light mean to you?
2. How does fear keep you from shining your light?
3. How does honoring your accomplishments support you in being your true self?
4. Where are you not giving yourself credit?
5. How does blame and comparison show up in your life?
6. How do you feel when someone you love shines?
7. How do you support others in shining their light?
8. Where could you be proud of yourself?
9. Name 3 wins from this past week.
10. What feelings do you have when you share a win?
11. How could accepting compliments support your self-confidence?

Fearless Integration

1. What good news would you like to share? How might sharing build your self-confidence? Who are you willing to share it with?
2. Keep a compliment journal for the next 7 days. Notice all the ways others appreciate you. Where could you be giving yourself compliments? Write those down in your journal. Commit to finding 5 compliments or more per day. Share your insights with a support buddy.

Day 10 – Integration

“Stopping for five minutes a day to pat yourself on the back is necessary to build your confidence and integrate insights and turn them into reality.”

-Rhonda Britten

Discuss Day 10. Use the following questions as your guide.

1. What changes have you noticed from doing acknowledgments?
2. What risks have you taken in the last 10 days?
3. What shifts or changes have you noticed in your self-confidence?
4. Where are you giving yourself more credit?
5. How has the Stretch, Risk or Die exercise supported you?
6. How are you being more true to yourself?
7. What has been the benefit of being more true to yourself?
8. How has asking yourself where you are making things up supported change?
9. How has your purpose been showing up in your every day lessons?
10. Share some feelings you have had as you have been exploring your passion.
11. Which skill has been the most useful? How so?
12. Which skill is still a challenge to practice?
13. From the Skill Rating Scale, in which areas have you made the biggest changes? The least changes?
14. Share some compliments you have received in the last 10 days.

Fearless Integration

1. Which skill is still a challenge? Which skill do you get excited to use? Which one have you shared with a support buddy? Which skill are you still thinking about?
2. Re-read your gratitude letter. How are you shining your light? Are you sharing your passion? Did you give yourself full credit? Are you embracing your truth?
3. List the changes you have made and which skills you used with each change. Give yourself credit where it is due as you make this list.

Day 11- Regrets

“Letting go of your regrets allows you to make powerful decisions in your present life.”

-Rhonda Britten

Discuss Day 11. Use the following questions as your guide.

1. What has fear been telling you about time?
2. What are your thoughts about wasting time?
3. How could time be your friend?
4. What choices have you made to avoid wasting time?
5. How do you evaluate the success in your life?
6. What are the “right” decisions you have made in your life?
7. Define your core need.
8. How do you get your core need met?
9. How have your regrets been holding you back?
10. What would honoring your core need look like?
11. How could having more compassion for yourself honor your core need?
12. What is the difference in getting your core need met from fear vs. freedom?
13. How are your regrets tied to core need?

Fearless Integration

1. How could having compassion for yourself when you think about regrets support you now?
2. Share some empowering ways you can get your core needs met daily. Journal the benefits of meeting your core need every day. Discuss the feelings that you experience during the next several days.

Day 12- Ask for What You Want

“Part of asking for what you want is being willing to go first.”
-Rhonda Britten

Discuss Day 12. Use the following questions as your guide.

1. How would asking for what you want support you?
2. What do you want to ask for?
3. What could change if you asked for what you want instead of what you do not want?
4. Where have you been unwilling to ask for help?
5. How do you drop hints about what you need or want instead of being direct?
6. On a scale of 1 to 10 (10 being very willing), how willing are you to directly ask for what you want or need?
7. When you think of asking for what you need, what feelings come up?
8. What is scary about asking for what you need?
9. What does “going first” mean to you?
10. What need are you waiting for someone else to fulfill?
11. How do you define boundaries?
12. How does having boundaries support asking for what you want?

Fearless Integration

1. What is possible for you if you ask for what you need or want? How could your relationships change if you asked for what you want instead of sharing what you don't want?
2. Begin asking for what you want daily. Practice is the key to creating the habit of asking for what you want. Brainstorm ideas to practice. Even things as simple as asking for no starch on your shirts at the dry cleaners or to have your salad dressing on the side can support you.

Day 13 – The Power of Words

“When you change your language, you change your outlook.”

-Rhonda Britten

Discuss Day 13. Use the following questions as your guide.

1. How often do you say, “I don’t care”?
2. What phrases from the list in the book show up in your vocabulary?
3. How do you feel when you are using these words?
4. How are these phrases holding you back from being your best you?
5. How would your life change if you gave up saying, “it’s hard” and “I can’t”?
6. How often do you use “should”, “need to”, and “have to” to express yourself?
7. What could you replace these words with?
8. How is using “and” or “yet” different than using “but” in a sentence?
9. How can changing your language change your outlook?
10. How does the language you use reveal your state of mind?
11. How would your life change if you committed to using empowering language?

Fearless Integration

1. Look at the phrases from the list in the book. Which of these phrases do you use? How do these phrases reflect the outlook you have on life?
2. Pick your top phrases and create an alternate, empowering phrase to practice this week. Be willing to shift mid-sentence to your empowering phrase. Acknowledge yourself for the progress you make this week.

Day 14- Liar, Liar

“When you refuse to lie, you are refusing to sacrifice yourself for others.”
-Rhonda Britten

Discuss Day 14. Use the following questions as your guide.

1. What is your most common lie?
2. What is the difference between an explanation and a white lie?
3. Where do excuses show up in your life?
4. How often are you using excuses instead of sharing your truth?
5. What are you avoiding when you choose a lie instead of sharing your truth?
6. How does exaggeration hide the truth?
7. How often do you use humor to hide your feelings?
8. Where are you using sarcasm?
9. What is the cost of being too honest?
10. What lies are you ready to confess?
11. What is possible if you refuse to sacrifice yourself for the sake of others?

Fearless Integration

1. How has lying kept you stuck? What excuses have you used to justify someone else's feelings ahead of your integrity?
2. Think about relationships where you lie. What are you avoiding? Share what you could say if you choose to be vulnerable and put yourself first.

Day 15- Trusting Heart

“In order to trust others, you must first trust yourself.”

-Rhonda Britten

Discuss Day 15. Use the following questions as your guide.

1. Define Trust.
2. What does having a trusting heart mean to you?
3. On a scale of 1 to 10 (10 being completely), how much do you trust others?
And yourself?
4. What unfulfilled expectations have led you to distrust?
5. How would thinking of yourself first support you in having a trusting heart?
6. Where do you not trust yourself?
7. Where do you trust yourself?
8. When have you used trust to manipulate others?
9. When you think about being vulnerable, what feelings come up?
10. How could perfectionism affect your ability to trust?
11. What is perfectionism costing you?
12. What insights came up regarding the Three Levels Of Trust exercise?
13. What love have you denied in your life?
14. How does forgiveness support your ability to trust?

Fearless Integration

1. How would trusting yourself more support the changes you want in your life? Where have you been holding yourself back? How would being vulnerable and releasing perfectionism increase your trusting heart?
2. Trust is built one conversation at a time. Pick someone to practice trust with during the next 7 days. What level of trust do you have with this person and what level do you want to have?

Day 16 - The Myth of Balance

“Being true to your commitments guarantees you will have internal balance.... When you discover what internal factors support you externally, your life will get simpler and therefore easier.”

-Rhonda Britten

Discuss Day 16. Use the following questions as your guide.

1. What does balance mean to you?
2. How is the desire for balance connected to perfectionism?
3. How much are you in balance during a typical day?
4. Where do you have balance in your life?
5. How do you feel when you are out of balance in your life?
6. How does the way you spend your time match your priorities?
7. When does fear determine your priorities?
8. How would living by commitment change the way you live your life?
9. How do you choose when your commitments seem to conflict?
10. How do you determine what is valuable to you?
11. How has your idea of balance changed after reading this chapter?
12. What did you discover about your commitments?

Fearless Integration

1. How would your life change if you lived by your commitments rather than by a desire for balance? How would you decide what was valuable?
2. Keep a Life Log. At the end of the week, share the insights you gained. What does it reflect you are committed to?

Day 17- Excuses

“Your true self would never accept excuses.”

-Rhonda Britten

Discuss Day 17. Use the following questions as your guide.

1. Where are you using excuses?
2. How do excuses build evidence for you?
3. What are the benefits of your excuses?
4. What are your excuses costing you?
5. How do excuses keep you separate from or connected with others?
6. How do excuses keep you safe?
7. Share with the group an excuse you used this week, and what you were avoiding or trying to get for yourself.
8. What excuse has kept you from getting what you want in life?
9. How could your life change if you give up your excuses?
10. What is the risk in giving up your excuses?
11. What excuses are you willing to let go of today?
12. What are you willing to embrace for yourself instead of excuses?

Fearless Integration

1. How does connecting with others through excuses keep you from being true to yourself?
2. Pick an excuse to give up. Ask a support buddy to check in with you as you practice being your true self without this excuse. Be willing to stop yourself mid-sentence or mid-thought and reframe with something empowering.

Day 18 - Intuition

***“Your intuition is here to guide you to fulfill your potential,
to be true to yourself above all else.”***

-Rhonda Britten

Discuss Day 18. Use the following questions as your guide.

1. What is the difference between the voice of intuition and the voice of fear?
2. What fears come to mind when you consider following your intuition?
3. How much do you need to be right when faced with decisions?
4. Where do you feel your intuition in your body?
5. What does your intuition sound like?
6. Where have you followed your intuition in your life?
7. How does intuition support growth and transformation?
8. When did you get an intuitive hit and ignore it?
9. What was the consequence of not following your intuition?
10. How do you make decisions when you don't use your intuition?
11. What is the gift in following your intuition?
12. How can you support yourself in listening to your intuition?
13. How are intuition and faith linked?

Fearless Integration

1. How willing are you to listen to your intuition? How could listening to your intuition support the choices you make?
2. Create a space to discover what your intuition sounds like. Meditate, pray, sit quietly in a special place, go for a walk, etc. How do you feel when you are listening to your intuition? Practice listening using this space for a week and journal your insights.

Day 19 - Forgiveness

“Learning to forgive is an essential skill to being true to yourself.”

-Rhonda Britten

Discuss Day 19. Use the following questions as your guide.

1. How do you define forgiveness?
2. How will forgiving yourself for putting yourself last help you put the past behind you?
3. How does blaming or holding grudges undermine self-confidence?
4. How is learning to forgive a path to freedom?
5. Where are you holding onto the past?
6. What would happen in your life if you practiced more forgiveness with yourself? With others?
7. How does forgiveness support you in learning about boundaries?
8. What boundaries do you have in place in your life right now?
9. What boundaries do you wish you had in place?
10. What will it take for you to create these boundaries?
11. On a scale of 1-10 (10 being totally), how willing are you to say, “I’m sorry”?
12. How often do you apologize when you have done nothing wrong?
13. What is important about the different ways of saying “I’m sorry”?
14. Who are you waiting for an apology from?
15. What keeps you from sharing what you stand for?

Fearless Integration

1. Where in your life could you embrace more forgiveness? What has the refusal to forgive cost you?
2. Commit to practicing forgiveness this week. Where would saying “I’m sorry” support this forgiveness outlook? Share the feelings and insights you have.

Day 20 - Momentum

“Being committed is the foundation of momentum.”

-Rhonda Britten

Discuss Day 20. Use the following questions as your guide.

1. How has acknowledging your progress supported the changes you have been working on?
2. Which chapter has been the most empowering?
3. What does it mean to be comfortable with being uncomfortable?
4. What changes/insights are happening in your life?
5. What insights have come by listening to your intuition?
6. Where have you been willing to forgive?
7. What lies have you given up?
8. How has taking stretches and risks increased your growth?
9. Where have you been asking for what you want?
10. Who is noticing your shining light?
11. How are you showing your true self to the world?
12. What is possible for you now?
13. What are your commitments? Have they changed over time?

Fearless Integration

1. Where are you feeling momentum? What has been the result of that momentum?
2. Write 25 acknowledgments for the excellence you have achieved in the last 20 days. Shine your light right now by acknowledging your commitment to your true self.

Day 21 - Luck, Fate, and Destiny

“Too many times we give away our growth by calling it destiny, fate or luck.”

-Rhonda Britten

Discuss Day 21. Use the following questions as your guide.

1. How much credit have you given to luck, fate, and destiny for your failures and accomplishments in life?
2. How do you give yourself credit for the success you have?
3. How would your self-esteem be affected if you gave up the word luck?
4. What is possible if you take responsibility for your life?
5. On a scale of 1-10 (10 being the most), how much of your energy do you spend on things that you can't control?
6. What are you willing to take responsibility for?
7. What would change if you focused on the things you can control?
8. How does trusting the process differ from believing in luck, fate, and destiny?
9. What is seductive about fate and luck?
10. Where do you want to make a difference in your life?
11. What is disempowering about relying on outside forces to tell you what to do with your life?

Fearless Integration

1. What opportunities are you waiting for? Where will you choose to take responsibility for your life?
2. Think of the times you attribute to being lucky or having had fate and destiny step in. Where were you in action to create those moments? Take responsibility for the opportunities of greatness you created. Share how you counted on yourself to make these events happen.
3. Choose one area in which you are experiencing a challenge. Determine what you can and cannot control in that situation. Pick one thing you can control and practice it this week.

Day 22 - The Gift of Rejection

“Risking rejection is saying yes to life.”

-Rhonda Britten

Discuss Day 22. Use the following questions as your guide.

1. On a scale of 1-10 (10 being totally), how much do you fear rejection?
2. How often do you perceive situations to be about rejection?
3. What do you do to avoid rejection?
4. What has the fear of rejection kept you from accomplishing?
5. How does fear of rejection relate to rejecting others?
6. What is the benefit of risking rejection?
7. How is risking rejection saying yes to life?
8. What are some of the stories you make up when you feel rejected?
9. When were you silent when you wanted to speak your truth?
10. What is the connection between risking rejection and intimacy?
11. What would happen if you were willing to risk rejection?

Fearless Integration

1. On a scale of 1-10 (10 being completely) rate your willingness to be vulnerable when taking risks that could result in rejection. What would be possible if you were at a 10?
2. Share some risks you have not taken because you fear you will be rejected. Brainstorm with a support buddy a plan to risk using the exercise from Day 6; Stretch, Risk, or Die.

Day 23 - For or Against?

“Gratitude is the first essential step to claim the innocence needed to see that the world is for you.”

“What you focus on turns into your reality.”

-Rhonda Britten

Discuss Day 23. Use the following questions as your guide.

1. Is your belief that the world is for you or against you?
2. How do you build evidence for your filter?
3. Where do you take things personally?
4. What is the cost of thinking the world is against you?
5. How does gratitude support you seeing that the world is for you?
6. What is the advantage of making your gratitudes specific?
7. How are gratitudes different than acknowledgments?
8. Where have you been withholding gratitude?
9. Where would anticipating good support you?
10. What is scary about viewing the world as for you?
11. How would being willing to change your view of the world create courage?

Fearless Integration

1. Where in your life do you see the world as against you? What would be possible if you shifted your focus to finding the gratitude in the situation?
2. Name 3 areas you see the world as unfriendly. Change these thoughts into gratitudes. Share your insights with a support buddy.

Day 24- What's Love Got to Do With It?

“Be willing to love yourself a little bit each day and joy will be your reward.”
-Rhonda Britten

Discuss Day 24. Use the following questions as your guide.

1. On a scale of 1-10 (10 being totally), how much do you love yourself?
2. How do you express love for yourself?
3. What do you love about yourself?
4. Where are you not accepting love?
5. How is venting an act of self-love?
6. What loving act do you practice regularly?
7. What is the difference between happiness and joy?
8. Where in your life do you experience joy?
9. How does seeking personal approval above all others create joy?
10. What could you do to bring more joy into your life?
11. Where could you cultivate self-love to build your foundation of inner joy?

Fearless Integration

1. If you fully loved yourself, what would you do differently? What risks would you take?
2. Begin cultivating self-love today. Name 5 self-loving acts that you are willing to practice today. Share your insights as you commit to bringing love and joy into your true self.

Day 25 - Forget Motivation

“The answer is defining who you are and following your own path.”
-Rhonda Britten

Discuss Day 25. Use the following questions as your guide.

1. What does motivation mean to you?
2. In what areas of your life do you lack motivation?
3. What would those areas of your life look like if you had motivation?
4. What is the difference between motivation and commitment?
5. How would changing focus from motivation to commitment benefit you?
6. On a scale of 1-10 (10 being totally), how content are you?
7. When you are content, what does your life look like?
8. What would you have to give up in order to be content?
9. What does “contentment is an inside job” mean?
10. What have you learned from the losses you have experienced?
11. What losses are you holding on to because they should not have happened?
12. How would having internal satisfaction change your life?

Fearless Integration

1. Think of an area where you are seeking motivation. What commitment would support you in taking a step forward?
2. Brainstorm ways to be content in your life right now. Choose 3-5 actions to practice this week.

Day 26 - Never Confront Again

“In order to have the courage to clarify instead of confront you will be cultivating compassion for yourself as well as another.”

-Rhonda Britten

Discuss Day 26. Use the following questions as your guide.

1. What is the difference between clarifying versus confronting?
2. When you confront, what is it that you are seeking?
3. What do you lose when you confront?
4. What feelings do you have when you are confronting?
5. How does having compassion support the courage to clarify instead of confront?
6. When you are approaching a challenging conversation, what are your expectations?
7. How could knowing that everyone wants love support you to clarify instead of confront?
8. How would your conversations change if you stopped taking things personally?
9. How does avoiding challenging conversations hold you back from being true to yourself?
10. How will having boundaries support you in having clarifying conversations?

Fearless Integration

1. Where could you begin practicing clarifying vs. confronting? What impact will this have in your conversations?
2. Name a person you can practice clarifying with this week. Ask for the support you need from a buddy. Share the questions you could ask.

Day 27 - Redefining You

“The more we are open to change even the things we think will never change, the more life will be filled with miracles.”

-Rhonda Britten

Discuss Day 27. Use the following questions as your guide.

1. On a scale of 1-10 (10 being totally), how authentic are you on a daily basis?
2. Where are you not accepting things as they are?
3. How have your friendships changed through this process? How has that impacted you?
4. What new favorite memories have been created since you started this process?
5. What vision do you hold for your future?
6. What movie best represents the vision of your life? What character do you play?
7. How could you live your life in service of your vision?
8. Who are you connecting to for support?
9. How has becoming more true to yourself impacted your work life?
10. How is your home a reflection of the new you?
11. What new insights have you had in the area of love?
12. What is the biggest change you have made so far?

Fearless Integration

1. Think about who you were when you started the process. Who are you now?
2. Imagine someone is giving you a toast in honor of your growth. Journal what you would like them to say.

Day 28 - Beautiful You

“When you are being true to yourself, you are beautiful”

-Rhonda Britten

Discuss Day 28. Use the following questions as your guide.

1. What does beauty mean to you?
2. How does beauty show up in your life now?
3. How would your life change if you saw yourself as beautiful?
4. What does beauty from the inside out mean to you?
5. What is the difference between selfish, self-centered and centered in self?
6. What are the costs of perfectionism?
7. What is the difference between perfection and excellence?
8. How would your life change if you focused on excellence rather than perfection?
9. How does fear stand in the way of seeing yourself as beautiful?
10. What beauty do you recognize when you look at yourself in the mirror?
11. How does seeing your beauty support seeing beauty in the world?
12. How will seeing your beauty build confidence?
13. How willing are you to see yourself as beautiful?

Fearless Integration

1. Where are you willing to see and claim your beauty today? What feelings do you have when you embrace your beauty?
2. Journal what is beautiful about you. What are you willing to see? What are you willing to embrace? How do others see you as beautiful? Each day for the next week write down at least 3 ways you can see and express your beauty.

Day 29 - Heaven

“Heaven is a state of mind.”

-Rhonda Britten

Discuss Day 29. Use the following questions as your guide.

1. How would living with the sense of heaven on earth support the true you?
2. What parts of your life already are pieces of heaven on earth?
3. What commitment statement spoke to you the most?
4. How willing are you to create and use a personal commitment statement?
5. How do you celebrate life now?
6. What daily events could you turn into celebrations and create more heaven on earth for yourself?
7. Describe a spontaneous event in your life that has become a cherished memory.
8. How can you invite more of the possibilities for memory making into your life now?
9. How willing are you to see the good in everything?
10. How will an attitude of celebration and gratitude support your daily life?
11. When was the last time you really felt alive? What did that feel like?
12. What are you willing to do to feel more alive now?

Fearless Integration

1. Describe how your commitment letter supports you. How will this letter inspire you and connect you to your true self?
2. Begin to bring more of heaven into your life. This week choose one new way to celebrate each day you do it. Journal your insights.

Day 30- Let Me Introduce You to Yourself

“Finding your true self is a journey of self-acceptance.”

-Rhonda Britten

Discuss Day 30. Use the following questions as your guide.

1. Describe your true self today.
2. What qualities about yourself can you now embrace?
3. What have you discovered that is yet to be forgiven?
4. What is your definition of self-acceptance?
5. How have you embraced your humanity?
6. How has learning to trust yourself changed your outlook?
7. How have the risks you have taken changed you?
8. Where have you given up perfection for excellence?
9. What did you learn when doing daily acknowledgments?
10. What are you committed to now?
11. Which of the 30 days was the most empowering?
12. Which of the 30 days remains a challenge to embrace?
13. How will you celebrate the changes you have made during these 30 days?
14. As you continue this journey, who will you be one year from now?
15. What is going to keep you on track in pursuing the life you want to live?

Fearless Integration

1. Reflect on the changes you have made in the last 30 days. What is now possible for you?
2. Create a ceremony that acknowledges your growth and dedication to your true self. With a support buddy, honor and share the work you have done to make self-accepting, empowering changes using the skills in *Change Your Life in 30 Days*.

My Fearbuster Team

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Phone: _____

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