



Confessions of a Safety-Holic -- Now in Remission

The illusion of safety -- of being able to protect ourselves from failure, hurt, shame, and uncertainty -- can keep us from realizing our full potential. It can keep us from remaining curious and brave.

This worksheet will help you identify areas in your life where you might be playing it too safe and will hopefully give you the courage to start living rather than just surviving and settling.

Is something gnawing at you? A voice in your head telling you to make a change? Make a decision? To "go for it"? Describe it.

How do you feel when you think about what this voice is telling you? Scared. Regretful. Anxious. Excited.

Prompts:

- If you feel happy or content, you might not need any further encouragement.
- If you feel scared, regretful, anxious, or even excited, that's a pretty clear sign that you need to make a change in that area of your life.
- You probably need some encouragement. Let's work through it together -- keep going!

Could you use some coaching and encouragement to learn to live with uncertainty? Reach out to me via email, and we'll work something out! No judgment, no shame, just empathy and inspiration. amanda@theexpectationgaps.com

Think of a time in your life when you made a "safe" choice.
What was it? What was the alternative choice?

Do you regret the decision you made? Or, even if you don't regret it, can you see now how that choice may have limiting your personal growth?

Do you feel like you would be more comfortable making the "alternative," or uncertain, choice today? If so, why? If not, what are some actions you can take to become more comfortable with being uncomfortable?

Books/Vlogs/TED Talks I recommend: (I'm receiving no compensation for these)

- *Unfu*k Yourself: Get Out of Your Head and Into Your Life*: Gary John Bishop
- *Braving the Wilderness*: Brene Brown
- *How to Stop Screwing Yourself Over*: Mel Robbins - TED Talk
- Morning Motivation / Evan Carmichael - YouTube Channel
- Julia Kristina Counseling - YouTube Channel
- Charisma on Command - YouTube Channel
- *Pick Your Damn Sacrifice* - Jordan Peterson - Posted by WordToTheWise on YouTube

Do you have a "before and after" moment in your life? An event that completely changed your life within a matter of seconds. What is it?

Prompt:

- o Mine was the moment it became undeniable that my ex-husband and I would be separating.

In what ways did this moment force you to deal with uncertainty?

What lessons can you take away from that time in your life?

Prompts:

- o I learned to take one day at a time.
- o I learned that life doesn't stop for me.
- o I learned that I am much stronger than I ever knew.
- o I learned that sorrow does pass.
- o I learned that I cannot control and am not responsible for other people's actions.

How can you use those lessons that you learned to answer the gnawing voice in your head. The one telling you to make a change? Layout some action steps for yourself.

Lesson / Action Step

Lesson / Action Step

Lesson / Action Step

Lesson / Action Step