

# Confidence Booster Worksheet

It would be simplistic to say that once you've removed all of your fears, then you'll be entirely confident in your new business. However one of the easiest ways to see how we are holding ourselves back is getting a good look into what our fears are telling us – and then working through them.

The H\*A\*R\*L process (horrible acronym, I know – if you have a better one, let me know) is my way of putting together those elements. The only way it can help, though, is if you use it!

**Hearing the Fear** : really listen in to what that voice is saying to you if you are: distracted, procrastinating, fearful, removed, tired, unwilling to work on the business. Then write down the actual fear.

**Acknowledge the Emotion** : the emotion that is coming up beneath the fear is a part of us, too, and needs to be acknowledged and seen.

Tune into the emotion behind the fear you wrote down– is it sadness, shame, a need for approval, a need to be validated? (Doesn't have to be an actual emotion in the strictest literal sense.) Feel the emotion in your body, wherever it's coming up for you.

And whatever the emotion feels like to you, write it down, as well as anything else you notice (for instance, where you feel the emotion in your body.)

**Release the Emotion:** now that you've acknowledged it as part of you, it's okay for it to be released. You can do this in any way that feels comfortable for you. Some of my favorites are tapping, the release technique, or sending white, healing energy and allowing it to pass through you.

With your eyes closed, keep asking yourself about the fear, and if you can still feel it in your body, then keep releasing, tapping, or sending healing energy until you no longer feel the tightness or constricting.

**Love it, love you** : As a final step, send love to that part of you that felt the fear or pain, saying “I love you, I love you, I love you.” And then send love to yourself, again saying “I love you, I love you, I love you.”

# HARL Process

Hear the Fear (write down actual fear)	Acknowledge the Emotion (write down emotion behind fear and anything else you notice)	Release the Emotion (in whatever way feels best)	Love the emotion, love you (say "I love you 3X")
I'm scared no one will buy my product.	Lack of approval. Fear. Clutching feeling in chest.	✓	✓

**Sending you so much love and support as you do this tough work! If this is of help to you, feel free to send the link on to others!**

