



# FACE YOUR FEARS

## WORKSHEET #1

## FACE YOUR FEARS

"Fear is a reaction, Courage is a decision".  
- Winston Churchill

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There's an old saying, *Take the Bull by the Horns*, which means the way to get through the hard stuff is to face it head on. This phrase originated with the old west cowboys. They knew the only way to work with a bull was to grab it by the horns. If they didn't, the bull would gore them.

Moms, we are going to grab fear by the horns and dismantle its power in our lives. Regardless of how afraid or overwhelmed you might be, you can do this.



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When we give in to fear it quickly overwhelms us and swamps our emotional boat, but if we stand against it, it loses it's power over us.

Our focus this month is facing our fears. Complete this worksheet, take action, and watch for your next step.

If you have not read the [Face Your Fear](#) blog, read it before you do this worksheet.

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## 1. Get Real

What are you afraid of? Get real and write down everything that's keeping you up at night. Include everything that's robbing you of your joy and your peace? Don't rationalize your fears or ignore them, just be honest and let those fears, hidden and obvious, reveal themselves.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.