Turning Your Fears into Power

A Self-Empowerment Tool

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ASCEND HIGHER
HEALING + WELLBEING

YOUR FEAR

Opportunity

Choice

Commitment

YOUR POWER

Acceptance

Truth

The Path

What if,

Would I, &

Why?

The Process

The QUEST to find your power begins with asking the right QUESTIONS that can guide you to your power

Step 1. The Opportunity

What if,

there is an opportunity here (that is present in this fear/belief) that would allow me to discover a more empowered part of me?

Would I take it?

Why would I take it?

Step 2. Acceptance

What if,

I could accept (and even love) this part of me that holds this fearful belief about me?

Would I accept this part of me?

Why would I accept this part of me

Step 3. Tell the TRUTH

What if,

I could tell/give the TRUTH to this part of me ? (Facts vs. Truth)

Would I tell myself the TRUTH?

Why would I tell myself the TRUTH?

Step 4. Make a Choice

What if,

I could choose a more preferred/ benefitting/meaningful/empowering belief about myself?

Would I choose to do that?

Why would I make this choice?

Step 5. Commitment

What if,

I could commit to a new belief about what I am capable of believing about myself, what i am capable of doing differently, & about what I am willing to try?

Would I choose to commit myself to a better way?

Why would I make this commitment to myself?

Bonus Question

What if I valued & trusted the process more than I valued or trusted any one specific outcome?