



*The magic is within you*

## Written task for 7-day regulator

This written task is to prepare you for the audio and get you thinking about how fear may be creating, or even driving how you are thinking, feeling and behaving. The unconscious mind can stand by beliefs, or decisions that were made at an age where we had not yet developed the part of our brain to challenge these beliefs or decisions. We can then hold onto them unaware of how they are impacting our life in the here and now.

***The questions below are not designed to make sense, they are designed to create change.***

Just write the first thing you think of; these exercises will not be seen by anyone other than yourself so please just focus on the task ahead, take a couple of deep breaths and allow your unconscious mind to generate answers. Once you are finished listen to the audio

### Day three – Fear

Fear is one of the most basic human emotions. It is programmed into our nervous system and works like an instinct. From the time we're infants, we are equipped with the survival instincts necessary to respond with fear when we sense danger or feel unsafe. Although sometimes it can be activated by whatever is running through our subconscious with no actual danger or need to seek safety in that moment.

- 1- What would happen if I did let go of fear?
  
  
  
  
  
  
  
  
  
  
- 2- What would happen if I didn't let go of fear?
  
  
  
  
  
  
  
  
  
  
- 3- What wouldn't happen if I did let go of fear?
  
  
  
  
  
  
  
  
  
  
- 4- What won't happen if I didn't let go of fear?