



Meeting the fear  
inside of you

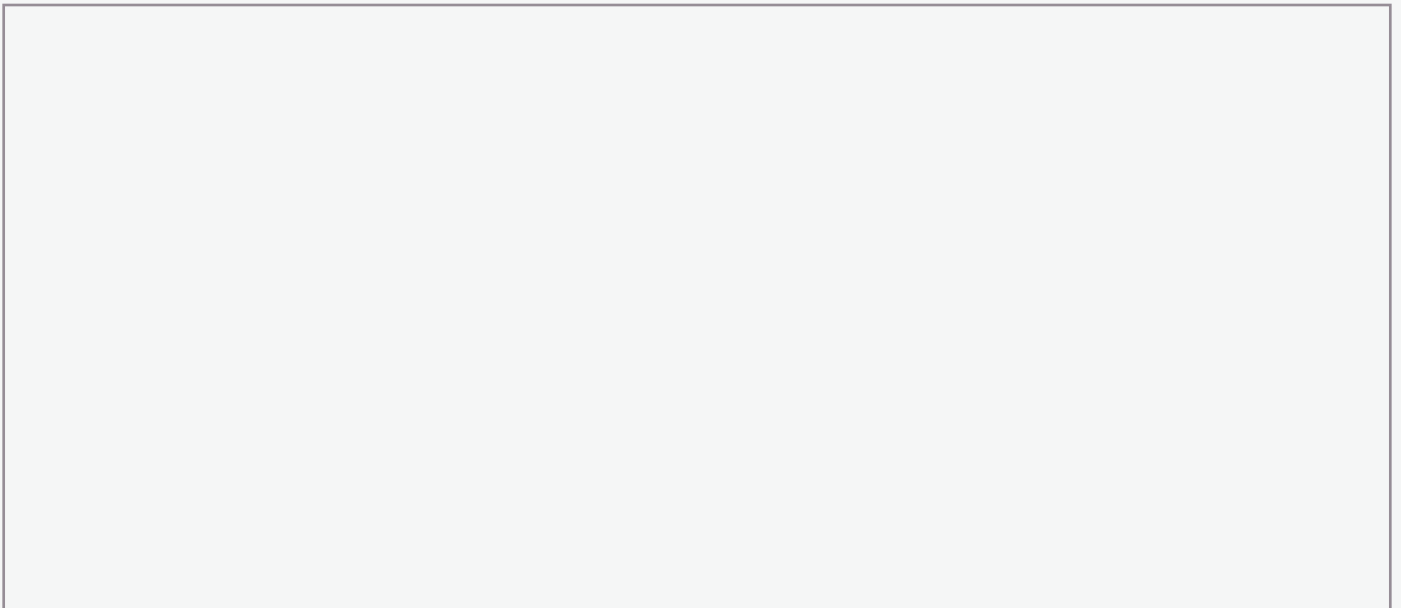
*Evy Koch*

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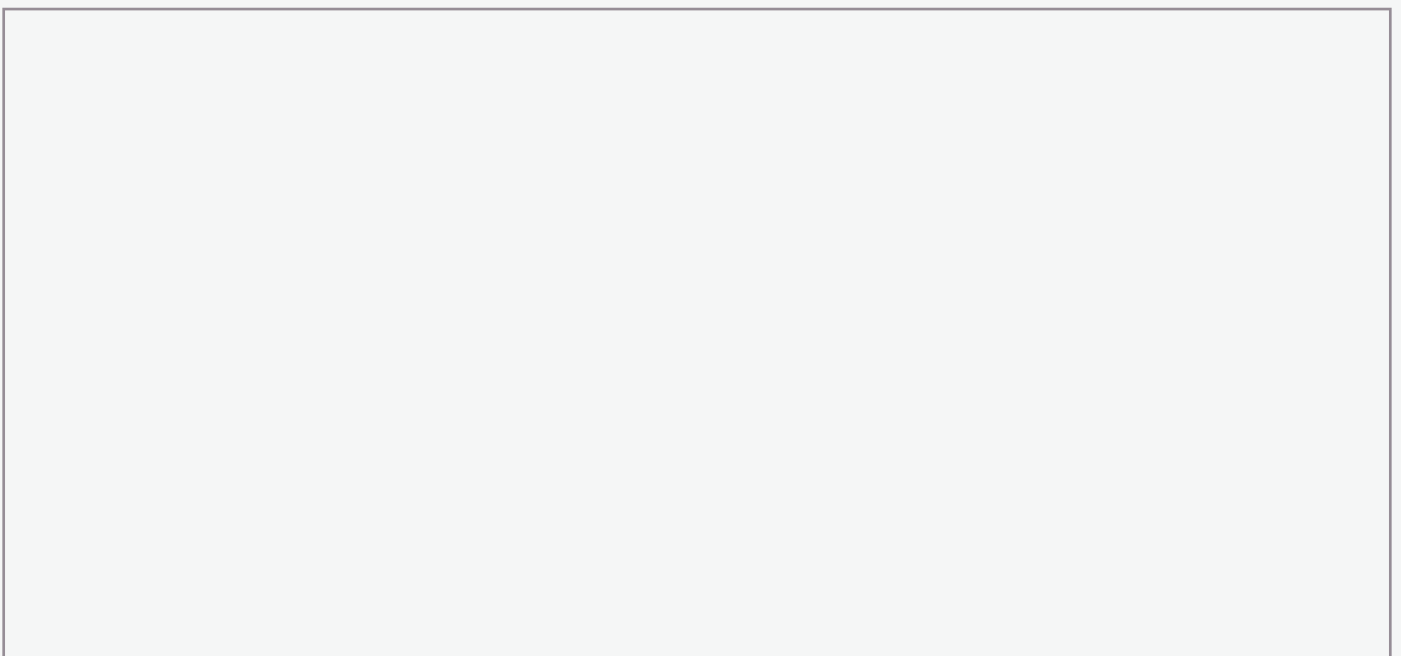
What is your fear about? What are you afraid of?



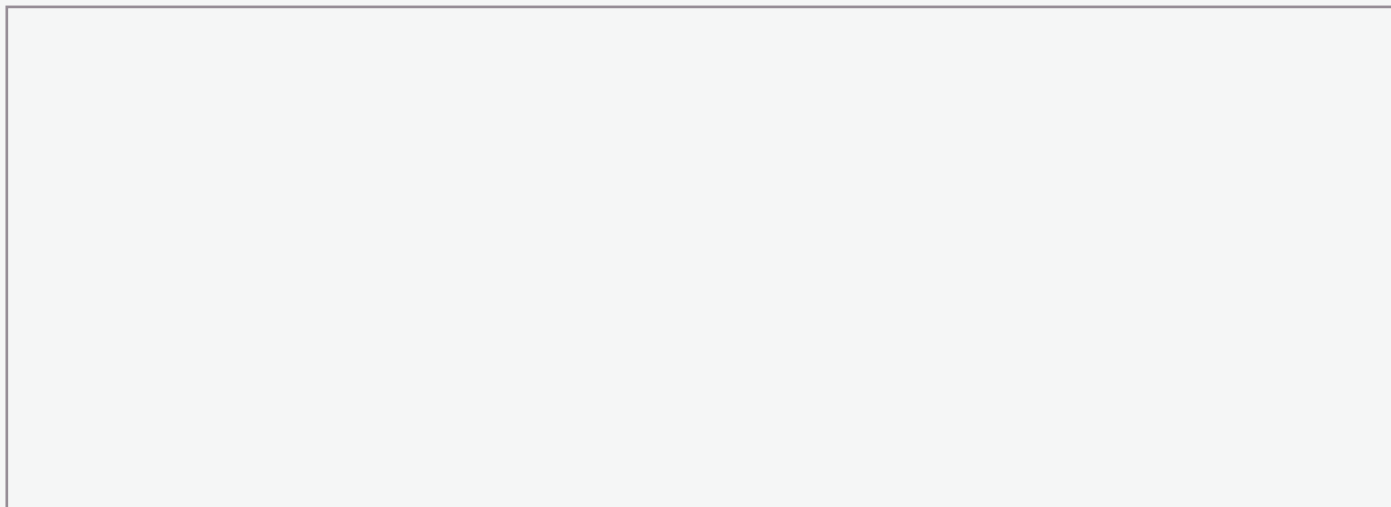
Where in your body do you feel this fear? Locate where in your body you feel this fear?



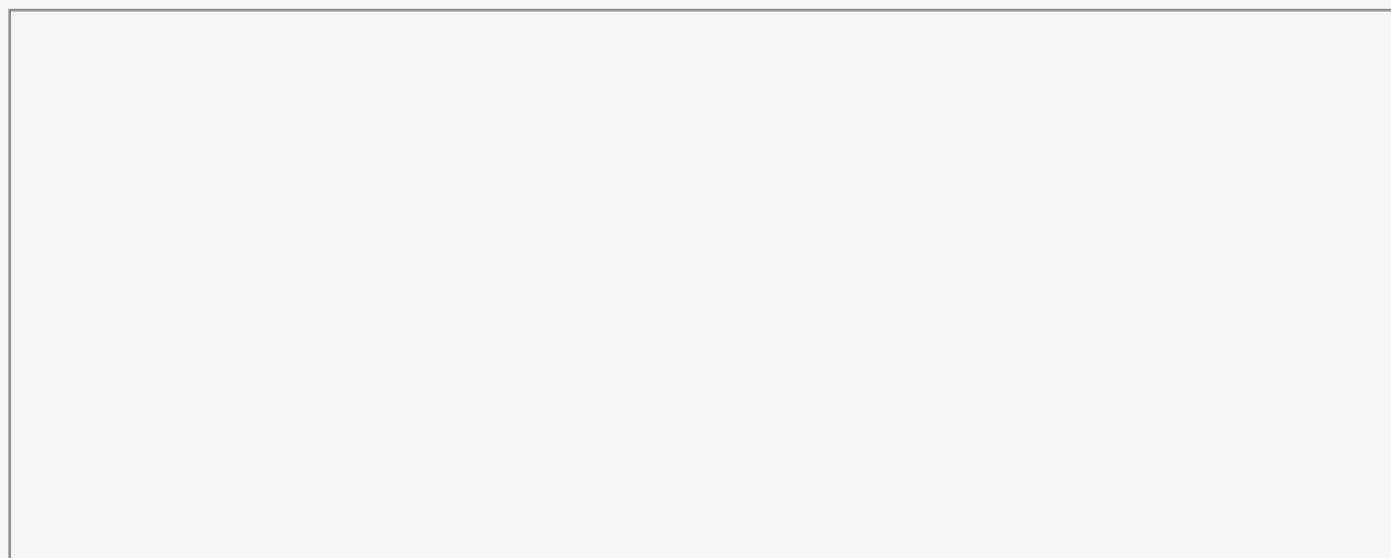
How do you feel it?  
What shape or form does the fear have?



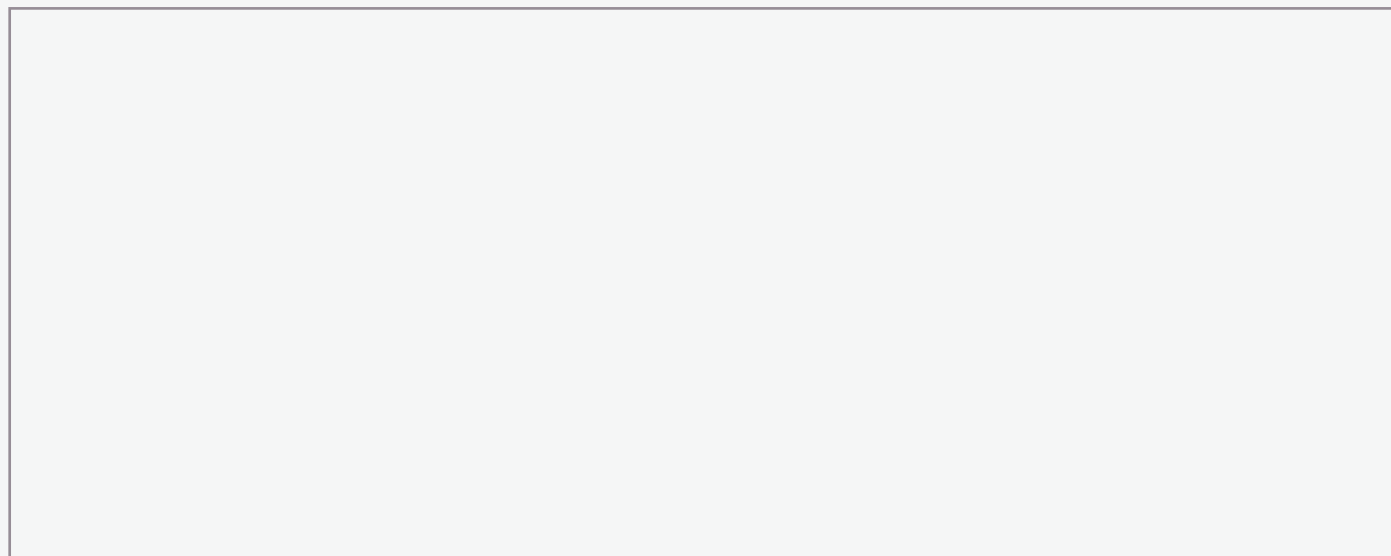
Ask your fear? What are you all about? Why are you there? What are you doing? What is your purpose



From what does your fear want to protect you?



What do you really want? What is beyond this fear for you?



How can you accept this fear and make it a part of the journey?

Space for your thoughts:





## Meeting the fear inside of you

As entrepreneurs visibility is so essential and a direct reflection on the impact we are making in the world.

The more we show up.

The more we shine our light.

The more change we make and impact we create.

Our fears are often connected to past experiences. They are trying to avoid the pain we encountered in the past, so they make sure we are invisible, small and don't step onto that next level of success.

In my experience, the fear never goes away, every time I go to the next level, I am confronted with them again.

What changed for me was that I learned and practice to accept them as part of the journey. Acknowledging them, giving them the space so they can move through me and I get the possibility to expand beyond my current capacity.

If you need some support in dancing with your fears on the journey into entrepreneurship, I would love to be here for you in whichever way you need.

Wishing you a beautiful day

With Love,

*Evy Koch*

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