



**SMALL STEPS**  
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## **FEAR VS RESISTANCE**

That blinding scary feeling of taking a LEAP!

Committing to a mortgage.

Sending your kid off to school/university/child care for the first time.

Saying yes to a promotion.

Going on a girls weekend.

What comes up for you when you are thinking about what you want? How much is FEAR and how much is RESISTANCE?

Watch today's video to find out exactly what I mean about the difference.

It's super important, as you step bravely into who you are and get honest about what you want, to know the difference between these two things.

Watch the video and complete the worksheet. This one, is a game-changer.