

# 10 STEPS TO CONQUERING FEAR

1. ACCEPT YOUR FEAR
2. IDENTIFY YOUR FEAR
3. FEEL YOUR FEAR
4. FACE YOUR FEAR
5. PRACTICE YOUR FEAR
6. QUESTION YOUR FEAR
7. CALM DOWN
8. FLIP YOUR FOCUS TO THE SOLUTION
9. TRUST THAT GOD HAS YOU IN THE  
PALM OF HIS HAND
10. CREATE YOUR COURAGE CASTLE