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**THIS SESSION is all about FEAR…**

**FROM NATALIE VIGLIONE**

We discussed all kinds of fear-based emotions like dishonesty (lying- to others and to yourself), anxiety, worry, being boastful, and so much more. “Fear” isn’t *just* about being afraid of something. There are many emotions that come from this emotion base.

The exercise that was accomplished was a way to further overcome these fear-based emotions by taking honest inventory of WHO and WHAT you’re around (your physical space), not just your mental space. For those that did this exercise, how did this exercise help you to see some truths? If you missed the exercise, here it is:

1. Write your name on the left-hand side of a piece of paper.
2. Draw three short lines to the right of your name, and continue doing that progressively, fanning the lines out to the right of the paper.
3. Write the names of the people you spend most of your time with on the lines closest to you and continue this until you write the names of the people in your life you spend the least time with.
4. Next to each person’s name, write a # on a scale of 1-10. 1 stands for the least inspiring in respect to the change you want to make and 10 stands for most inspiring in respect to the change you want to make.

Analyzing the internal and external elements in your life is essential because everything is energy. Keeping fear-based emotions in check can also be done by being AUTHENTIC.

**AUTHENTICITY = OUR HUMANITY**

Allow authenticity to drive CONNECTION, COMMUNITY, COMMUNICATION… and most other things in life! This will lead you away from fear and into more of your core truths, purpose, and so much more!

**Here’s 4 tips on how you can START making strategic moves and action towards finding your core truths and authenticity:**

1. When you’re in troubled times, don’t hide your troubles. If you’re open, honest, and humble, you will feel less encumbered with anxiety and worry. (In fact, that’s one of the many reasons why I wanted to create the Smart Start Breakfast Series!)
2. Don’t fight who you are. You have the unique values and innate superpowers FOR A REASON! Express these FURTHER and don’t be fearful of doing so.
3. Stop sacrificing your needs. Don’t be the person who thinks being a martyr is something admirable. It’s not. Period.
4. Stop saying yes when you’d rather not – this is usually 100% all for a primal reason to be accepted by someone else (or a group of people).

Not being authentic will warp how you communicate, will damage relationships, and will make you try to control, patronize, criticize, blame, deny, withdraw, attack, and even make empty promises to keep things seeming like they’re OK. This is the terrible loop where one can start to reassure themselves that they’re okay even when there is no belief nor truth underneath that statement. ***DON’T FALL INTO THAT TRAP!***