

Declarations to Conquer Fear Journal

14-day journal to conquer your fears.

You have dreams that have been in your heart for so long, but you're plagued with fear daily. It has stopped you from really moving ahead and taking the right steps towards what you want so much.

As a performer, I struggled with fear of doing improvisation in acting since I was in school working on my Theatre degree. Years after graduation I joined Toastmasters, and forced myself to participate in giving impromptu speeches.

I even won a comedic speech contest. I took an improvisation class, and never quit. I jump in and do improvisation with my acting students almost every class. Fear doesn't rule over me anymore in this area.

I've conquered it.

Fear is like a seed that can produce cancerous roots in our lives. It buds up and produces bad fruit, or chokes out any "fruit" of

success

that we

could have

had in our lives. It can paralyze us and steal our dreams. It can stop us from connecting with people. It can bring even cause us to feel ill.

This is why I'm giving you some powerful declarations that you can make every day for the next 30 days. You can conquer the fear in your mind, will, and emotions and become the powerful person you have always wanted to be in any area of your life.



Declarations to Conquer Fear Journal

Day 1: Declaration

[Read this declaration aloud three times]



I am a powerful person with a sound mind, and fear does not rule over me.

Reflection questions

[Take time to answer these questions in a journal or quietly by yourself.]

1. *What positive thoughts or memories come up for me when I say this declaration?*
2. *What negative thoughts or memories come up for me when I say this declaration?*
3. *What new creative truth can I live in today?*



Declarations to Conquer Fear Journal

Day 2: Declaration

[Read this declaration aloud three times]



I will not allow the fear I experienced in my past to control my future.

Reflection questions

[Take time to answer these questions in a journal or quietly by yourself.]

1. *What positive events do I believe will be in my future?*
2. *What is my strategy to conquer old fears that try to come up in my mind?*
3. *What new creative truth can I live in today?*



Declarations to Conquer Fear Journal

Day 3: Declaration

[Read this declaration aloud three times]



I am created for love and love motivates me as I connect with others.

Reflection questions

[Take time to answer these questions in a journal or quietly by yourself.]

1. *How am I doing at receiving love ?*
2. *How can I love better in my day-to-day activities?*
3. *What new creative truth can I live in today?*



Declarations to Conquer Fear Journal

Day 4: Declaration

[Read this declaration aloud three times]

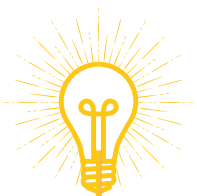


When I fail or others criticize me I do not quit because it does not define me.

Reflection questions

[Take time to answer these questions in a journal or quietly by yourself.]

1. *What good things have I reaped in my life in the midst of my mistakes?*
2. *What are the core values that define me?*
3. *What new creative truth can I live in today?*



Declarations to Conquer Fear Journal

Day 5: Declaration

[Read this declaration aloud three times]



I choose love, joy, and peace today over fear, anxiety, and worry.

Reflection questions

[Take time to answer these questions in a journal or quietly by yourself.]

1. *How can gratitude help me to stay out of fear?*
2. *What is my strategy when negative emotions try to control me?*
3. *What new creative truth can I live in today?*



Declarations to Conquer Fear Journal

Day 6: Declaration

[Read this declaration aloud three times]



I can process pain and loss in a healthy way without it ruling over me.

Reflection questions

[Take time to answer these questions in a journal or quietly by yourself]

1. *How have I gotten stronger through pain and loss?*
2. *What is my strategy to heal from pain and loss?*
3. *What new creative truth can I live in today?*



Declarations to Conquer Fear Journal

Day 7: Declaration

[Read this declaration aloud three times]



I am proud of my own unique identity and do not compare myself with others.

Reflection questions

[Take time to answer these questions in a journal or quietly by yourself.]

1. *How am I uniquely different from everyone on the planet?*
2. *What do I have to give that will change others' lives for the better?*
3. *What new creative truth can I live in today?*



Declarations to Conquer Fear Journal

Day 9: Declaration

[Read this declaration aloud three times]



I do not fear bad news, but I expect the best is yet to come.

Reflection questions

[Take time to answer these questions in a journal or quietly by yourself.]

1. *What positive things do I expect to happen in this season of my life?*
2. *What is my strategy for responding to bad news when it comes?*
3. *What new creative truth can I live in today?*



Declarations to Conquer Fear Journal

Day 8: Declaration

[Read this declaration aloud three times]



I believe that I have more than enough money and resources in every area of my life.

Reflection questions

[Take time to answer these questions in a journal or quietly by yourself.]

1. *How can I be creative in this season with the resources I currently have?*
2. *How can I bless others more with my resources?*
3. *What new creative truth can I live in today?*



Declarations to Conquer Fear Journal

Day 10: Declaration

[Read this declaration aloud three times]



I do not fear rejection, but believe that I deserve to be honored and loved.

Reflection questions

[Take time to answer these questions in a journal or quietly by yourself.]

1. *How can I invite others more into relationship with me?*
2. *What strategy will I use to overcome feelings of rejection?*
3. *What new creative truth can I live in today?*



Declarations to Conquer Fear Journal

Day 11: Declaration

[Read this declaration aloud three times]



I forgive quickly and look for the good in every person.

Reflection questions

[Take time to answer these questions in a journal or quietly by yourself.]

1. *How can I show more acceptance of others and their shortcomings?*
2. *What is my strategy for walking through forgiveness when wronged?*
3. *What new creative truth can I live in today?*



Declarations to Conquer Fear Journal

Day 12: Declaration

[Read this declaration aloud three times]



I do not strive for perfection, but focus on producing excellent work.

Reflection questions

[Take time to answer these questions in a journal or quietly by yourself.]

1. *What is my definition of excellence?*
2. *What work have I produced that is excellent?*
3. *What new creative truth can I live in today?*



Declarations to Conquer Fear Journal

Day 13: Declaration

[Read this declaration aloud three times]



I have the courage to do hard things, and pursue my dreams.

Reflection questions

[Take time to answer these questions in a journal or quietly by yourself.]

1. *What is the difference between courage and confidence?*
2. *What do I need courage to do in this season of my life?*
3. *What new creative truth can I live in today?*



Declarations to Conquer Fear Journal

Day 14: Declaration

[Read this declaration aloud three times]



I am humble enough to get support when I need it to lead a succesful life.

Reflection questions

[Take time to answer these questions in a journal or quietly by yourself.]

1. *What areas of my life in which I need support?*
2. *How will support help me to pursue my dreams?*
3. *What new creative truth can I live in today?*



Do you want to break free from fear that has held you back from pursuing your own unique creative career path?

The power that fear has had over you needs to be broken if you want to launch onto that path.

I'm hear to tell you...

That

it is possible.

For over 17 years I have partnered with individuals from all over the world in the journey to conquer fear and overcome creative blocks as well as identify and move toward their creative dreams and goals.

In coaching sessions you will gain tools and habits to build confidence and maintain emotional and spiritual health in a creative career or industry.

Go to CreativeTruthAlive.com.

Book a free consultation today.



Cynthia Iowa



