



## Personal Development

## Spirituality

### Career

### Education & Growth

### Financial Wealth

### Health

### Fitness

### Adventure

## Community & Kindness

# Follow Your Dreams Not Your Fears Plan

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 #SuccessUpLife

### Instructions

- Identify a personal goal for each category
- Identify the fears that are holding you back from the goal
- Identify a strategy to overcome the fears

### Real Example from Dr. McDonald's Life

Category

- Career

My Goal:

- I want to become a federal agent

My Fears:

- I am afraid of looking stupid on the range and failing the weapons qualifications
- I am afraid I will look weak in front of my peers and not be able to pass the physical requirements

My Strategies to Beat Fear:

- Find a private instructor to teach me proper weapons handling
- Go to the range once a week to practice learned skills
- Follow the MayoClinic's 5k training schedule for beginners
- Work with a certified fitness instructor to develop a strength training plan and show teach me the techniques

### My biggest supporters

Make a list of those you can share your goals and plan. These are the people that can help encourage you to be bigger than your fears!

