

GUIDE

Take Charge Again

A Reflection Guide for Fear,
Alignment & Self-Leadership



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Why this Guide

Fear is not a problem to fix.
It's a signal that you have temporarily stepped out of your inner leadership.
This guide helps you return to yourself through three steps:

1. **Observe (Feel)**
2. **Recognize (Trust)**
3. **Transform (Lead)**

Use this template anytime you feel doubt, contraction, stress, overthinking or emotional overwhelm.



Observe

“What is happening in my body and mind right now?”

See clearly without fixing, solving, or judging.
This step turns on the inner light.

01.

Body check in

Where do you feel tension or contraction?

Tick or circle what applies:

- Chest pressure
- Tight jaw
- Stomach/solar plexus tension
- Shoulders/neck tightness
- Heavy legs
- Closed throat
- Racing heart
- Other: _____

02.

Emotional check in

What emotion is present?

- Fear
- Doubt
- Shame
- Stress
- Worry
- Confusion
- Anger
- Sadness
- Other: _____

03.

Mental check in

What thoughts repeat themselves?

Write freely for 1–2 minutes:

Your thoughts:

What is the fear trying to protect you from?
(There is always a protective intention.)

Recognize

***"Nothing is wrong with me.
My body is communicating."***

Offer you internal safety so the body can soften and trust your guidance.

01.

Self validation statements

Choose 1–3 sentences and repeat them slowly:

"It's okay that I feel this."

"My body is allowed to react."

"This emotion makes sense."

"I understand why you're here."

"I'm not alone; I'm here with myself."

"This feeling does not define me."

"Thank you for trying to protect me."

02.

Root recognition

Fear often sits on top of a deeper need.
What is the real need underneath the fear?
(Examples: safety, clarity, stability,
connection, rest, validation, direction)
My deeper need is:

03.

Internal Safety practice

Place your hand on the area of tension.

Say inwardly:

"I see you. I hear you. I am taking the lead."

Breathe into that space for 5 slow breaths.

Transform

“What truth do I choose to follow now?”

Step back into inner leadership and act from clarity, not fear.

01.

Re-align with your truth

Why did I choose this path?

What do I know in my core to be true?

02.

Choose you next step

Transformation is practical.

Choose ONE simple action to take today:

- A conversation I will have
- A boundary I will set
- A decision I will make
- A task I will complete
- A moment of rest I will honour
- Other: _____

My next step is:

03.

Closing affirmation

Repeat slowly:

“I lead myself.

I trust my path.

I choose courage over contraction.”



Daily step

Use this small version anytime during the day.

OBSERVE

What do I feel right now?

Body: _____

Emotion: _____

Thought: _____

RECOGNIZE

What does this feeling need?

TRANSFORM

What truth do I choose?

Next step: _____

*You are always one breath away
from returning to yourself.*

*Do you want more? Join the Masterclass - €34
'Take Charge Again'*

QUESTIONS?

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