CARA ALWILL LEYBA

Fearless & Fabulous

10 Powerful Strategies for Getting ***ANYTHING*** *You Want in Life*

FEARLESS & FABULOUS

10 POWERFUL STRATEGIES
FOR GETTING ANYTHING YOU WANT IN LIFE

CARA ALWILL LEYBA

Passionista
PUBLISHING

Copyright © 2014 by Cara Alwill Leyba.
All rights reserved.

This document is intended to supplement the legal purchase or download of the audiobook and may not be used, shared or reproduced in any manner for any purpose whatsoever without the prior written permission of Cara Alwill Leyba.

Cara Alwill Leyba
111 East 14th Street
Suite 133
New York, NY 10003
http://caraalwill.com

FEARLESS & FABULOUS

Exercises & Manifestos

CHAPTER ONE

Fearless & Fabulous Exercise

It's time to whip out that ultra-fab journal (or use these pages!) and grab your pink pen to declare your desires. Then, write down all the reasons why you want those things. Get as detailed as possible. Remember: the details and the "whys" are what get us excited.

FEARLESS & FABULOUS

Manifesto #1

You can spend your energy getting excited or being afraid. The choice is yours.

CHAPTER TWO

Fearless & Fabulous Exercise

What are you holding back doing because you're worried about someone else's opinion? Write it down here or in your journal. Getting it down on paper will help propel you forward.

FEARLESS & FABULOUS

Manifesto #2

You are forever changed as a person when you remain chained to a life that is not aligned with your authentic self.

CHAPTER THREE

Fearless & Fabulous Exercise

Identify your self-limiting beliefs and negative thought patterns. Keep a journal throughout the day and write them down when they surface, or write them here.

Refer back to the list you just made. For every self-limiting belief you wrote, I want you to now write down where you believe that thought originated. Example: Self-limiting belief: I am too old to switch careers. Where it originated: My parents told me that I should choose my career by the age of 25 and I am now 37.

Write down five of your strengths you can celebrate!

How have those strengths helped you in the past?

FEARLESS & FABULOUS

Manifesto #3

Genuine confidence comes from within. Celebrate what you love about yourself and give up your self-limiting beliefs.

CHAPTER FOUR

Fearless & Fabulous Exercise

List the top three most proud moments of your life. Did these moments force you to stretch outside of your comfort zone?

FEARLESS & FABULOUS

Manifesto #4

Nothing fabulous happens inside of a comfort zone.

CHAPTER FIVE

Fearless & Fabulous Exercise

Answer these questions in your journal or below. In my fears & fabulous reality, I am capable of:

I will not let the following things distract me from living my best life:

FEARLESS & FABULOUS

Manifesto #5

It's impossible to be afraid when you have an unwavering faith that everything will work out exactly as it should. Cultivate this faith every single day.

CHAPTER SIX

Fearless & Fabulous Exercise

Think about some goals you've been working on. Write down every small success you've achieved up to this point.

FEARLESS & FABULOUS

Manifesto #6

The past does not define me. Every day is a fresh start to be the "haute couture" designer of my new and fabulous reality.

CHAPTER SEVEN

Fearless & Fabulous Exercise

In what area of your life can you embrace fear?

FEARLESS & FABULOUS

Manifesto #7

By embracing fear, I take away its power over me.

CHAPTER EIGHT

Fearless & Fabulous Exercise

Think about one of your past "failures" and look for the opportunity in it. How did you grow from the experience?

FEARLESS & FABULOUS

Manifesto #8

Fear would not exist if failure didn't. Redefine your definition of failure and look for opportunities to stretch and grow.

CHAPTER NINE

Fearless & Fabulous Exercise

Write down an outcome you need to detach from.

FEARLESS & FABULOUS

Manifesto #9

I view my life as an adventure. The more I detach from the outcome of things, the more power I take back.

CHAPTER TEN

Fearless & Fabulous Exercise

What would your life look like if your inner muse were in control?

Set aside at least twenty minutes per day to either meditate or workout in order to connect with your inner muse. Write down how you feel before and after.

FEARLESS & FABULOUS

Manifesto #10

My inner muse is my natural state. I connect with this place by clearing my head.