# Fear – Benefit – Now

Write your fears:

Now, can you articulate *all* the benefits that your fears have given you? (A fear of rejection benefits you by not subjecting you to potential humiliation and disappointment. A fear of failure causes you to make safe choices, and you get safety and security and other ancillary benefits. A fear of success might really be a fear of loss of control, so by saying "fear of success," you get to fail with honor, and you keep a lot of certainty and control in your life because you don't risk much.) Do these examples make sense? So dig deep into your fears, articulate all the benefits so that when the ***New You*** later in this work book begins to build new strategies, you will ensure that they include the existing benefits, too. Write *all* the benefits now.

Last, the biggest, most difficult, and yet, most crucial question to answer is, "Why now?" Why *now*? The emphasis is *now*. If you can't make *now* real, you will time-travel to a future time when you have solved the *Now* equation, and so you will be comforted by *Not Now*. So it is vital to your growth… why *now*?

Read your ***Now*** to a friend or loved one. Do they get goose pimples? Do they tear up? If not, you will need to iterate this again and again until the ***Greatest Version of You*** shows up and can generate that emotional, believable, Level 10 Now. ***Do not proceed until you feel this… and your listener feels it, too!***