



Action Guide

LEANNE GIAVEDONI

A stylized illustration in the top right corner shows a hand holding a bundle of roots. The hand is rendered in a light tan color, and the roots are depicted as numerous thin, vertical lines of varying lengths, also in a light tan color, creating a textured, fibrous appearance.


Fear Unravelled: Action Guide

This is a checklist to walk you through the stages of transforming your mind and manifesting the abundant life that you deserve. As you work your way through the book, simply check off each item as you have completed it.

Although the book flows nicely from one chapter to the next, you may feel compelled to go out of order. If you feel drawn to a specific topic, go to that part of the book and after you have completed it, be sure to mark it off in this guide.

If you find yourself stuck and seeking clarity or direction, you can hold the book, take a deep breath and just open it. Where ever it opens, use that coaching tool to help you in that moment.

Check out www.leannegiavedoni.com for some additional free resources, including a “This Is Me!” Summary template and guided meditations.

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- You Have Enough Time
 - Decide what is important
 - Lighten the load
 - Get it done

 - Choose your self-love activity and get it into your schedule

 - Take the “Not Enough Syndrome” (NES) quiz in chapter two of the book.

 - Practice using the tools for managing fear
 - Face your Shadows
 - Look in the Mirror
 - Reframe and apply the Flip

 - Discover who you are: take the quiz
 - <https://www.5lovelanguages.com/quizzes/>
 - <https://my.liveyourtruth.com/quiz/>
 - <https://www.gallupstrengthscenter.com/>
 - <https://www.howtofascinate.com/get-my-profile>

 - Embrace yourself as enough
 - Complete the Self-inquiry questions in this chapter

 - Living with Passion & Purpose
 - Dig deep into your Why?
 - What motivates you?
 - Make your clear vision a goal using the formula

 - Get an Accountability Partner

 - Beliefs check-in
 - Intentions and expectations awareness
 - Take a look at your mindset
 - RAS filter check
 - Gratitude List
 - Forgiveness exercise

- Me time
 - Set a meditation goal
 - Select the visualizations you will use

- Make a Vision Board for your goals and vision

- Power thoughts
 - Make up cards or purchase the pdf _____

- Anchor with pure essential oils
 - Learn about pure essential oils at www.leannegiavedoni.com

- Fill in the “This Is Me!” Summary
 - Template available for free on www.leannegiavedoni.com

- Celebrate! You did it.
 - Be sure to acknowledge and reward yourself
 - Email me and share all about it at balance@leannegiavedoni.com
 - Spread the word and gift someone with the tools you have learned
 - Write an honest review on Amazon

