



The Doubt Dissolver

WORKSHEET

Turn every fear into fuel

The doubt that is loudest in me right now (write it raw, no censorship):

Where did this doubt first learn it was allowed to speak? (a teacher, a parent, Instagram, a past failure...)

What would the 85-year-old version of me – soft-eyed, radiant, still teaching – say to this doubt?

One tiny act of courage I can take in the next 48 hours to prove this doubt is a liar:

Closing mantra (write it, say it aloud, sign it):

"I am willing to be the medicine the world is waiting for."

Signed with love, ----- Date -----