

FROM FEAR TO FUEL

3 Daily Practices to Own Your Power



Fear isn't the enemy.
Staying small is what holds us back from our true potential.

Rise up and reclaim you!
OwnYourDamnPower.com



WELCOME, BABE

If fear has been hijacking your decisions, your confidence, or your damn JOY... this guide is your first step back into the driver's seat.

These 3 simple daily practices are designed to shift you quickly:

- from frozen → focused
- from overwhelmed → grounded
- from scared → unstoppable

Use them for 7 days and you'll feel the shift.

Use them for 30 days and you'll barely recognize the woman who used to hesitate.
Let's turn that fear into pure, delicious forward momentum.

Let's own your damn power.

PRACTICE #1: THE 60-SECOND POWER RESET

WHAT
is it?

A quick nervous-system reset you can do anywhere.

HOW
to do it?

Plant both feet on the floor.

Inhale through your nose for 4 seconds.

Hold for 2.

Exhale for 6.

Repeat 5 times.

WHY
it works?

This pattern snaps your brain out of fight-or-flight, clears static, and gives you control over your emotional state in under one minute.

Prompt:

“What do I need right now to move forward just 1%?”

PRACTICE #2: THE 3-BRUTALLY HONEST QUESTIONS

Every morning, ask:

1. What fear is running the show today?
2. What would the boldest version of me do about it?
3. What tiny action brings me closer to that version of me?

Why it works:

IADIOS!

Fear loses 80% of its power the moment you NAME it.
And tiny action beats massive hesitation every single time.

Prompt:

Write your bold action for today below:

PRACTICE #3: THE NIGHTLY "PROOF OF POWER" LIST

Every night, write down:

3 things you faced

3 things you finished

1 thing you're proud of

Why it works:

Your brain is wired to remember what went wrong.

This retrains it to remember who the hell you are.

REMEMBER! →

Prompt:

My proof of power today:

*Stand in front of a mirror and
say (out loud):*

**“I am becoming a woman who
moves toward her life, not
away from it.”**



Repeat daily.
Anchor it.
Let it change you.

Before you go, hear me on this:

You don't need a perfect plan.

You don't need every fear gone.

You don't need permission from anyone.

You only need one moment —
one decision where you choose yourself
a little louder than you did yesterday.

Because confidence isn't lightning.

It's a spark you keep lighting every day
until it becomes who you are.

And babe... if fear has been loud in your life,
let that be the proof that you're standing right at the edge of
something bigger.

You're not behind.

You're not broken.

You're not late.

You're rising.

And this?

This is your turning point — the moment you stopped shrinking
and started owning your damn power.

Let's freaking go.

If this tiny guide shifted you, imagine what could happen when we go deeper.

👉 [Click here to explore coaching + tools to step fully into your next level.](#)

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