

Mindset



1. Acknowledge Fear



2. Find comfort in familiarity

What's the worst
that could happen?

3. Worst-case it



4. Ask & answer questions

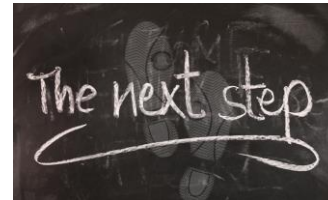
Action



1. Self Care



2. Expand your comfort zone



3. Small next step



4. Accountability partner(s)