

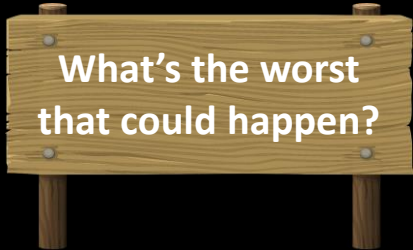
# Mindset



1. Acknowledge Fear



2. Find comfort in familiarity



3. Worst-case it



4. Ask & answer questions

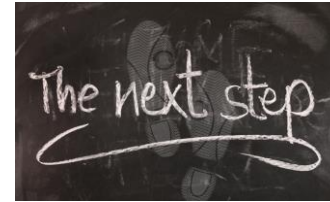
# Actions



1. Self Care



2. Expand your comfort zone



3. Small next step



4. Accountability partner(s)



WORK  
AUTHENTICALLY

© 2020 Work Authentically