

**Gain Inspiration from Winners to Build a Life You'll Love.  
Module 1 - Lesson 5 – Walt Disney.  
Fear is an Illusion - Additional Resources.**

## **Fear Is An Illusion.**

Fear is an illusion in the mind, and I know I can overcome it. I refuse to listen to the inner voice that tells me to be afraid.

***Instead of allowing my fears to be in charge, I control my body and mind.***

I have the power to stop fear before it takes over. I put together a list of all of my fears so I can be on the lookout for them and stop them in their tracks.

I can let go of my fears. My mind is strong and able to see beyond a moment of fear. I recognize my talents and pursue my dreams regardless of any fears that may arise.

***I can avoid panic because I know I am strong and powerful.***

My mind is open to the truth about self-imposed limits. Fear is one of these limits, but I am stronger than the illusion. I leave fears behind and let my creativity blossom. I avoid creating boundaries for my spirit.

My mind is a unique vessel that functions without fear.

Today, I am free. Free to go after my dreams. Free from the illusion that tries to make me afraid. And free to create the life I desire.

### **Self-Reflection Questions:**

1. How can I recognize fear before it takes control of my mind?
2. How can I help my friends eliminate fear and pursue their dreams?
3. What can I do to stop the fear of failure and achieve my goals?

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