

Welcome to The Foundation of Your Finally Free Course

Please start with the program introduction video, shown below. Then watch the videos in linear order, as each video builds on the other.

The Foundation is the heart of this experience. It is the same for every course, and I use it for everything I teach.

The Ad On then comes at the end, and is listed below. It addresses your specific challenge, and is meant to be watched last.



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[Audio Version of The Foundation Intro](#)

[Written Program Introduction](#)

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- [Addressing Fear of Failure](#)

One Page Summary of Your Fear of Failure Practice

Welcome to Your Fear of Failure Practice

Engage in this practice for the next 30 days, at least 1 time a day or anytime when fear of failure shows up: at night if you can't sleep, throughout the day, and certainly leading into and right before any scary event in your life.

Note: You're not going to use this practice to get rid of fear of failure. You are only looking to calm it down to reasonable levels, without having to repress fear, such that you'll find yourself willing and able to do the things that scare you and take risks.

Keep in mind our equation throughout the process: $\text{Suffering} = \text{Discomfort} \times \text{Resistance}$

Your Practice:

Do the first two steps the same as you've been taught:

1. 15 seconds: acknowledge that it's normal and natural to feel fear of failure.
2. 15-30 seconds: do a body scan, to hone in on your fear of failure. Find and name what it is that you feel (note- it may not show up specifically as fear of failure but as something else), where it is that you feel it, and on a scale of 1-10 how strong is it?

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