

Face Your Entrepreneurial Fears and Challenge Yourself

DAILY JOURNAL

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Dr. Yam 
KEEP IT SIMPLE COACH

Face Your Fears and Challenge Yourself Daily Journal

Hello Aspiring Entrepreneur!

Overcoming anxiety and fears surrounding changes in our lives is a common issue for people everywhere. Worry doesn't have to overwhelm you and keep you in your tracks, though. There are ways to push past it and to live the life you desire.

One of the most important things I hope you'll take from the ebook and this accompanying journal is that we actually achieve a great deal of personal growth when we face our anxieties head on.

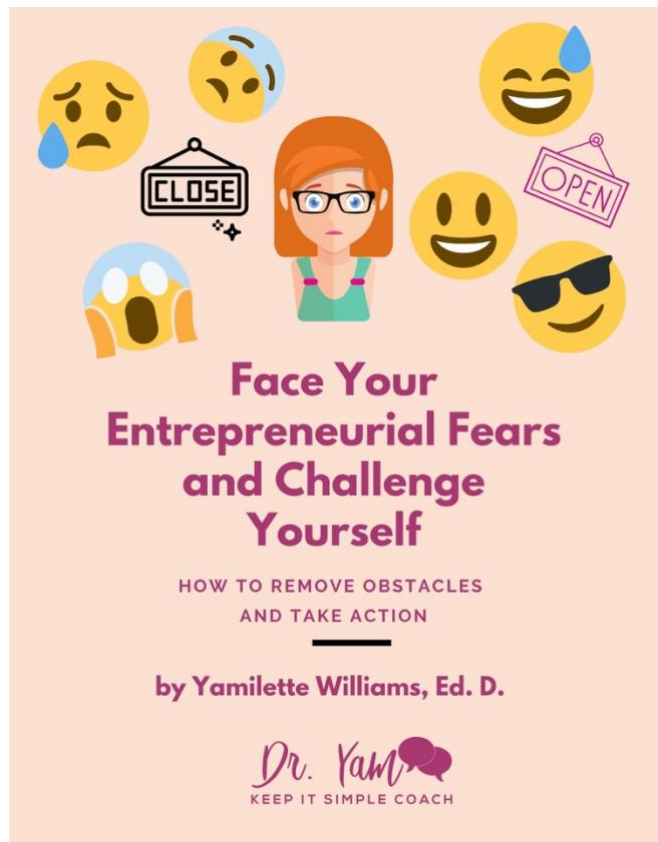
You'll need to challenge and push yourself each and every day. Some of which are even a lot of fun. Each day write down your fears and challenges and then come back when the solution presents itself and record that, too.

When you can visualize your successes there will be no stopping you and this guide will help you along your journey.

When we face our fears and anxieties head on, we actually achieve a great deal of personal growth. You can gain specific skills, as well as enhance your already amazing character traits like resilience and creativity, when you step up and kick those jitters to the curb. I'll share tangible ways to help you do just that.

Many readers discover the different mind tricks and games they can use to move past their comfort zone and onto achieving awesome things.

 Let's get journaling!



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