



SEGMENT 1:

# What Is the Fear of Being Fabulous™

## What Is the Fear of Being Fabulous™ and What Are Its Symptoms

List all of the areas in your life where you feel held back, where you are not living up to your dreams, your goals. Nothing is too small or irrelevant.

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List everything that you wish were different, that frustrates you, makes you depressed, angry, and maybe even causes you to feel hopeless.

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*Who do you have to permit yourself to become in order to cross over and live a fabulous life at work and personally?*

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## What Is Your Struggle

Select one of the major holdbacks you are struggling with. It can be at work where you wish you were more ambitious, more outspoken in meetings, more confident in asking for a raise, or your social life, your health and fitness, etc. Detail the thoughts and feelings you have about being held back.

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Now, think back to your childhood. Which of your thoughts and feelings are a reflection, an echo of the environment you grew up in? It could be one or both of your parents, siblings, grandparents, family, or community.

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*We want to give you some ideas of how the fear of being fabulous can hold you back in ways that are so subtle and so unobvious that they seem like the nature of reality.*

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## What Is Your Station

Describe the “Social Station” you were raised in—the social class of your parents, grandparents, and their families. How do you perceive yourself as a product of that station even today?

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Next, to what degree were you encouraged to leave that station and aspire to greater heights, freedom, and success than the environment you were raised in—or not? To what degree have you authorized your Self to leave behind where you came from, even if that means deciding on a future that your family does not approve of or understand?

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*To what extent are you able to envision yourself out beyond how you see yourself now?*

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## Jim's Station Story—What Are Your Limits

What is keeping you from seeing yourself as Fabulous? What is the limit, as best you can tell, of your ability to see yourself as a large, fabulous expression in the world, given the problem you are struggling with?

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Write down the Top 5 Reasons why you feel held back in the personal struggle you've chosen to focus on. Then write a paragraph about the specific emotions that have come to the surface as you look more deeply into this challenge of yours.

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*What is the limit, as best you can tell, of your ability to see yourself in the world given the problem you're struggling with?*

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## What Is Your Destination

Are you personally empowered enough to have defined your stated destination? If so, congratulations. Describe in detail your life once you will have achieved it. Notice how you feel writing it up.

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If, however, you've not yet allowed yourself to envision your larger, more fabulous destination, provide 10 explanations/justifications why you cannot allow yourself to dream bigger. Notice how you feel in writing these up. You have to have a destination in order to marshal your energy and imagination to go after it, achieve it, and enjoy being there once you land.

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*If you don't have a destination,  
that's part of what's keeping  
you where you are.*

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