

# 12 LIFE SKILLS – ASSIGNMENT

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## Session Eight – Overcoming Fear

- 1) Where do you see fear in your life? (Personally and professionally)
  
- 2) How does it limit you?
  
- 3) Do you want what it's keeping you from?
  
- 4) What can you identify as the cause?
  
- 5) Where can you find a support system to help you work through the steps to overcoming fear?
  
- 6) Which steps stood out the most to you and where will you begin?