

# Episode 1 – Rising Beyond Fear and Uncertainty Growing Stronger: Rising Beyond Fear Podcast



*“The most important story that we’ll ever write in life is our own – not with ink, but with our daily choices.”*

**Richard Paul Evans, Best-Selling Author of The Christmas Box**

## Key Insights from this Episode

1. We’re being presented with an amazing opportunity to reinvent ourselves.
2. Maintaining our grounding and trust in the unknown is vitally important now.
3. Nothing has any meaning in life, other than the meaning we give it.
4. We must let go the life we’ve planned, to have the one that is waiting for us.
5. We need to know and believe that whatever happens, we’ll handle it.
6. At our core we are both ‘fearful’ and fearless’. Which will we choose today?
7. Crisis has two energies: risk and opportunity. Both essential for our growth.



## Questions for Awakening

1. What is the opportunity and/or gift in this current experience?
2. What do you want the next 10 years to be about?
3. Who are you being called to become now?
4. What do you need to complete or surrender/let go now?
5. Reflect on a time when you overcame some challenge or hardship. How did you find the strength and courage to endure?

## Core Message from this Episode

We are being presented with a tremendous gift of transformation, reinvention and growth. Whether we choose to see risk or opportunity is up to us. By learning to respond, rather than react we allow our spirit, intuition and higher-self to guide our way into a new place of becoming.



The one insight I’ll implement this week is ...

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