



## RESOURCE

**WHEN IT COMES TO CAREER CHANGE,  
FEAR IS REAL...BUT, YOU'VE GOT THIS!  
THIS WORKBOOK WILL HELP YOU  
IDENTIFY AND CONQUER YOUR FEAR...  
ONCE AND FOR ALL!**

[WWW.CYNTHIACORSETTI.COM](http://WWW.CYNTHIACORSETTI.COM)



**When it Comes to Career Change, Fear is Real...But, You've Got This!**  
**This workbook will help you identify and conquer your fear...once and for all!**

Watch the video Mind the Gap in the Video Library at [www.cynthiacorsetti.com](http://www.cynthiacorsetti.com) – it's your starting point for this workbook.

List as many fears as you can which pertain to your career switch. In addition, for each fear write about whom, other than yourself, would be affected if this fear was ever realized.

The fears I currently have about my career switch are:

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Who in my life would be negatively impacted if each fear became a reality?

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Do I feel each of my fears in the same place in my body? If so, where do I feel all of these fears in my body? If I feel each of my fears at different places in my body, what are those places?

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How can MINDING THE GAP help me deal with my fears as I continue on my journey to a more authentic me?

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The perspective of fear can obscure your vision of a better and more fulfilling life.

Reflect on the following questions, and write down your honest answers.

What does the vision of my future look like with this veil of fear clouding my sight?

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How does the fear-filtered vision of my future impact me on a daily basis, even now?

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As I look at my future with this veil of fear over it, am I able to identify the origin of this fear?

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Fear is a perspective you choose. Using the prompts below, reflect on how you plan to change the way you see things as you change your life.

What new perspective do I now choose for myself as I journey to a better life, and a better me?

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How will I view my transition from this new perspective going forward?

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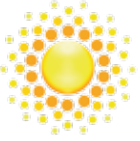
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This workbook will help you identify and conquer your fear...once and for all!**

**"Go confidently in the direction of  
your dreams. live the life you've  
imagined." - Henry David Thoreau**

**You are well on your way to a more authentic you! How empowered do you feel  
at this moment to know that you are stronger than any of your fears?**

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