



**REFLECTION  
JOURNAL -  
Embracing Your Fear:  
Dreaming Beyond Fear-  
At Any Age.**

**Prompts to help embrace fear, live  
authentically, and move forward.**

# A NOTE FROM DR. KATINA



*Welcome!*

I often tell my listeners—and myself—that it's never too late to dream, to set new goals, and to move forward, even if fear is sitting right beside you. But today, I want YOU to take a moment and reflect on where you stand with your own dreams, goals, and yes—those lingering fears.

When I was younger, I wasn't taught to dream. Survival was the focus, not envisioning possibilities. It wasn't until adulthood, with faith, support, and a lot of self-reflection, that I learned how to dream boldly—and how to keep moving forward even when fear whispered, “What if you fail?”

With Love,

*Dr. Katina*



## 2. Where

## 2. Where Are You Now?

**List three dreams or goals—whether new or ones you’ve tucked away for “someday.”**

**Don't judge them as too big, too small, or too late. Just write them down.**

## Ask yourself:

**Which of these dreams still sparks something inside me? Which one scares me the most—and why?**

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

### 3. Get I

### 3. Get Honest About Fear:

**For each dream or goal, write down the specific fears that come up.**

**Be real with yourself—Is it fear of failure? Fear of judgment?  
Feeling “too old”?**

**Then, beside each fear, write how you've already proven in other areas of your life that you can move forward despite fear. (Remember—I'm terrified of flying, but I've seen 55 countries!)**

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**“I give myself permission to dream big, to set goals at any age, and to take action—even when I’m afraid. Fear can ride along, but I’m the one steering my life.”**

# REFLECT & WRITE

## BONUS REFLECTION

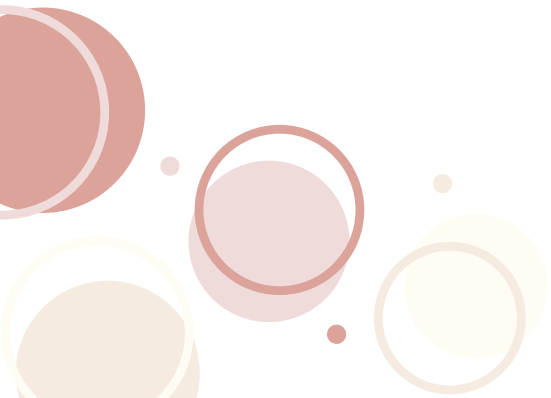
If you've been telling yourself, "It's too late,"  
challenge that belief.

Write about someone who inspires you—someone  
who started later in life or pushed through fear.

Then remind yourself: Why not me? Why not now?

This journal prompt isn't just about reflection—it's  
about movement. Keep this entry somewhere  
visible, and revisit it when fear starts getting loud.

Remember, dreaming and doing can happen at the  
same time—even if your hands are shaking.





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