**How do you discern between fear and instincts?**

**Fear= Something your brain is telling you**

**Instincts= Something in your gut**

Improve your awareness of both by taking some time to answer these questions.

**FEAR/ANXIETY**

What are my fears?

Are there truths to my fears?

How does your body react to fear and anxiety?

Are your fears really just anxiety or worries that you have no control over?

What triggers your fear and anxiety?

Can you find any untruths or inconsistencies that break down the intensity of your fears?

What eases your feelings of fear and anxiety?

**INSTINCTS**

How do you define your instincts?

Are your instincts connected to your body/spirit/heart/soul? If so, how can you describe this?

What truths are related to your instincts? Think about times in your past that your instincts lead you in the right direction.

What were the physical signs your body provided?

How did you feel emotionally?

What did you tell yourself in your head?

Grounding is a technique used to intentionally divert your attention to the present. Grounding often involves using all 5 senses to tether you to the ‘here and now’ by practicing awareness of each sense to look, hear, smell, touch and taste what is right in front of you. We often get lost in our past or worry about our future, therefore, grounding allows you to stay with the present moment and improves your ability to clearly see your problem for what it is. When you’re moving through difficult decisions and uncertainty is looming, ground yourself and stay focused on your WHY.

What is your WHY or your North star? Knowing your WHY, your purpose and your values help to determine if what your feeling is fear of the unknown or instincts telling you that your off track from your center of truth. Being committed to your WHY is what will help keep you going when your brain is trying to play tricks on you.