



LIVING LIFE  
FEARLESS

# *Most people never live life, they just exist in life.*

If you're feeling like this, you most likely allow other people to be in charge of your decisions.

You blame others and you really don't take responsibility for what is happening in your life.

You're following what people are telling you to do on social media, you're doing things the way your family and friends want you to do them.

You are living your life for others, and doing what they suggest or tell you to do.

**You're not leading and living your own life.**



# ***Fearless Formula***

**Take Charge Of  
Your Life  
+  
Accept Responsibility  
For All Outcomes  
=  
Living Life  
Fearless**



# TAKE CHARGE



## TAKING CHARGE MEANS

- You Trust Yourself
- You Make Decisions For You
- You're not relying on anyone else for direction or approval

## ACCEPTING RESPONSIBILITY MEANS

- Being mindful of your thoughts
- Being mindful of your words
- Taking ownership of all outcomes
- No more blaming



# ACCEPT RESPONSIBILITY





I am under no illusion that I am fearless... the best of us may be courageous, yes, but that does not mean that we are without any fear. See, fear is a necessity for survival. Fear prompts you to start running when you need to; fear motivates you to start fighting when you must. The capacity to fear is a genetic requirement for continuing to exist.

## **So, why do I want to invite you to aspire to Living Life Fearless?**

Most people misunderstand fear. Tragically, many of us have learned to sit with fear for longer than we were designed to. We sit in the fear of leaving an abusive relationship or starting that new business for 5, 10, 15 years... and before we know it, we've been harboring that one fear for our entire lives! Fear is really the start of a mental and emotional process. It is a progression towards becoming fearless.

Fearlessness is not foolishly diving into challenges without any consideration. Fearlessness requires you to listen to the voice of fear, and that you exercise your inner strength to work through the perceived risks. You have been given the power to be bold and sensible at the same time. Be ablaze, full of energy and stoke the fire of your desires.

Anything worth having is worth working for, and you deserve to "Live Life Fearless." FEARLESSNESS is not the absence of FEAR it's the mastery of fear.

**TODAY, I encourage you to use this "FORMULA" to Living Life Fearless.**



**My purpose is to help  
you rediscover yours.**



**CONTACT ME**  
**(202) 856-3637**

**info.helenpayne@gmail.com**