



Fear Navigation Workbook

Moving Forward Without Waiting for Fear to Disappear

This workbook is part of the Bold Moves Reinvention Framework, based on lived experience, reflection, and transformation principles from the book *Bold Moves That Matter*. It is designed to help you understand fear, negotiate with it, and take aligned action.

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Section 1: Understanding Fear

Fear is not a flaw. It is information. In moments of change, fear signals identity shifts, cultural pressure, or practical uncertainty. The goal is not to eliminate fear, but to understand it.

Reflection:

- What change or decision am I currently avoiding?
- If fear had a voice, what would it say?
- When did this fear first appear?



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Section 2: Classifying Fear

Identity Fear: Fear of losing who you are known as.

Cultural / Social Fear: Fear of breaking unspoken rules or expectations.

Practical / Survival Fear: Fear of financial, reputational, or stability loss.

Fear Thought	Fear Type	Intensity (1–5)



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Section 3: Negotiating With Fear

Courage does not come from overpowering fear. It comes from designing actions that fear can tolerate.

- What is the smallest step I can take?
- What safety net would reduce fear by 10%?
- What is this fear trying to protect?

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Section 4: Designing a Fear-Compatible Bold Move

Bold Move	
Fear Involved	
Safety Anchor	
Timeline	

Reflection After Action:

What I feared would happen:

What actually happened:

What I learned about myself: