

4 Steps:
Being
Present,
Happy &
Accountable
In Your Life
With **AUDIO**
+ **FREE**
Workbook

NIKISOUL - F.E.A.R.

F.E.A.R.
FREELY ELIMINATE ALL RESTRICTIONS

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**4 Steps: Being Present, Happy &
Accountable In Your Life
+FREE Workbook!**



*Hey You! FIRST... Print your 10 page document.
(For best results, print the PDF file - actual size)*

*NEXT... Read 4 Steps: Being Present, Happy & Accountable In Your Life!
Listen to audio if you don't feel like reading*

*AFTER THAT... Complete your F.E.A.R. Workbook: 4 self-discovery assignments to help
you get started with being present, happy and accountable in your life.*

*LAST... Reflection: Sit quietly and reflect on how this F.E.A.R. Work has affected your
thoughts and write down any changes you would like to make.*



Before you start I would like to introduce you to your F,E,A,R. Guide "Bonz". She will be guiding us through our F.E.A.R. journey. She will be providing guidance, tips, F.E.A.R. Work, and more. If you want to ask for some guidance through your journey, feel free to email "Bonz" at bonz@nikisoul.com or chat on NIKISOUL.com.

*If you are not a F.E.A.R. Community Member, please go to NIKISOUL.com and join
F.E.A.R. Community Now!*

This email is for the recipient only. Please do not share the contents of this email with anyone. If you know someone that could benefit from this material, please direct them to NIKISOUL.com to receive an email from us

**INSTEAD OF WALKING THROUGH LIFE IN FEAR...
LET'S ALL LIVE A F.E.A.R. LIFESTYLE!**

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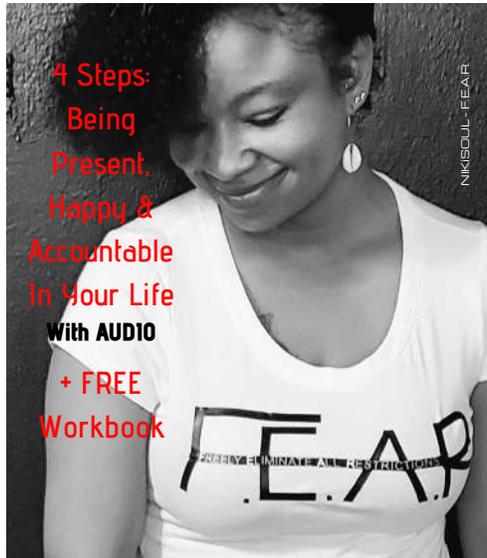
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4 Steps: Being Present, Happy & Accountable In Your Life!

DOWNLOAD AUDIO FILE IN EMAIL

OR

ROLL MOUSE OVER PIC TO HEAR AUDIO



MOVE MOUSE FROM PIC TO STOP AUDIO

You are not exactly sure when it happened. You can't pinpoint the exact day and time but one day it just hit you like a ton of bricks. "This can't be my life." You sit down as you start to tense up when you ask yourself, "Where did I go wrong?" Your mind continues to bounce from different events in your life as you ask yourself, "What the hell was I put here for? Who am I? I just want to be happy. Is that too much to ask?"

Well, I'm here to tell you that misery loves company so join the club. I think we are all unhappy until we start to do 4 things. I'm going to tell you what I think those four steps are, so brace yourself. Are you ready? OK, here goes: **Step #1: Accept Your Reality.** What... you don't like that? Well, how many times is something in your life a certain way and you can't do anything to change it? No, really, think for a minute. How many things in this very moment do you have the power to make different? Still, we go on fighting that fact instead of just accepting it. If there are things you can change, then, by all means, start changing them now but if you can't, accepting your reality in a good first step to being happy. OK guys, accepting your reality was the first step. Here comes **Step #2: Don't Label Or Judge The Moment... Experience It.** Oh, come on! Don't screw your face up like that. Read it again. Most of us

have a big problem when it comes to labeling things. We are so quick to judge a situation that we rarely have time to actually slow our mind down enough to experience them. What are labels anyway? Labels are judgments that your mind has formed to a person, place or thing in your life. Most of the time if we are unhappy that label or judgment is a negative one. By placing a negative label on the moments in your life it prevents you from doing one very important thing which leads me to **Step #3: Finding The Joy In The Moment**. Although, I have repeated the word happy several times, what we really are in search for is joy. Joy is the ability to realize that you already are meant to be exactly where you are and you already are meant to be exactly who you are. Joy knows that you are enough. Joy is freedom. How many times do we let our minds wander over and over again to this person we imagine ourselves to be instead of just accepting who it is we already are? You are holding yourself captive to this image of "You" that is in your mind instead of embracing the freedom of experiencing exactly who you are. If we were able to do that, we wouldn't feel so bad. I know what you're going to say. "How the hell do I do that?" Well, here we go again. Are you ready? We can do it by trying to attempt **Step #4: Don't allow the want for more or wanting things to be different to ruin your present moment**. Realize that we only have one moment... now! That's it! Not the past... Not the future... But now... Right here!

By accepting the moment, experiencing instead of labeling or judging the moment, finding the joy in the moment and not allowing the want for more to ruin the moment we are on our way! **Be free in the moment as it is. Be you in the moment as you are.** As long as we want the moment to be something different... We will be unhappy. As long as we want to be someone different... We will be unhappy. S*** happens but it is what it is. I'm here to tell you to **Be You... Be Free!** That's it! As long as we fight our reality we will be discontent. As long as we label or judge and not experience we will be unfulfilled. As long as we are unable to find joy we will be depressed. As long as we allow wanting more and wanting things to be different to ruin the moment we will be dissatisfied. So I say it to you again, s*** happens... It is what it is. **Don't resist what is.** This is the Moment... You are Here... Be You... Be Free! **Now say it to yourself: This is the Moment... I am Here... Free Being Me!**

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WORKBOOK STARTS NOW



STEP #2: DON'T LABEL OR JUDGE THE MOMENT... EXPERIENCE IT



F.E.A.R. Work: Complete the assignment below to help discover if you are actually experiencing the moments in your life.

Answer the following 3 questions.

1. Does your mood have an affect on how you experience your day?

Yes: How does it affect your day when your positive and when your negative?

No: How do you keep your mood from affecting your day?

2. Has there ever been a moment that you labeled and judged a person without getting to know them first?

Yes: What insecurities did that person stir up inside of you that caused you to label or judge them?

No: Has anyone ever labeled and judged you before getting to know you first?

3. Do you go through your day so routinely or robotic that you rarely ever actually experience the moments? Do you just automatically label and judge that those moments will be the same everyday?

Yes: What changes can you make to be more conscious or awake to experience new moments?

No: How do you continue to not label or judge the moment within your routine day to day?

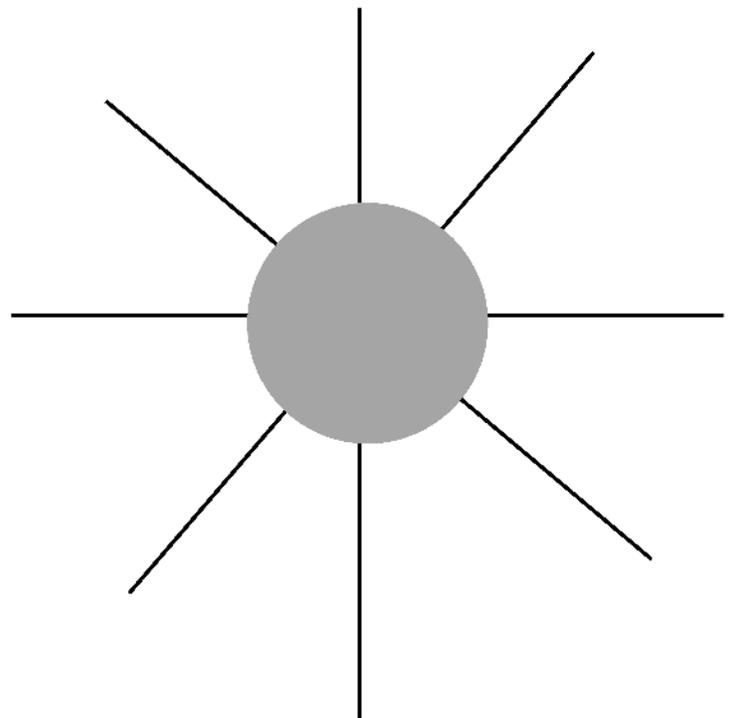
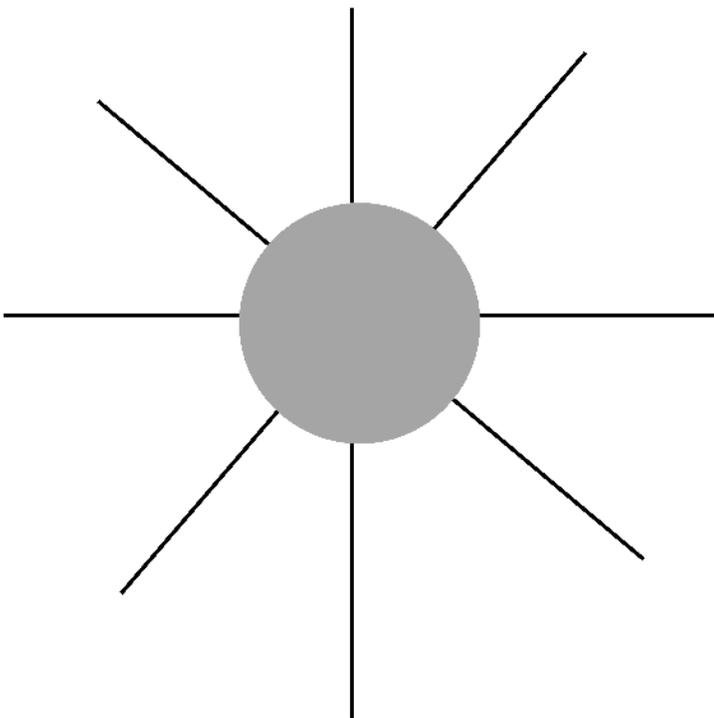
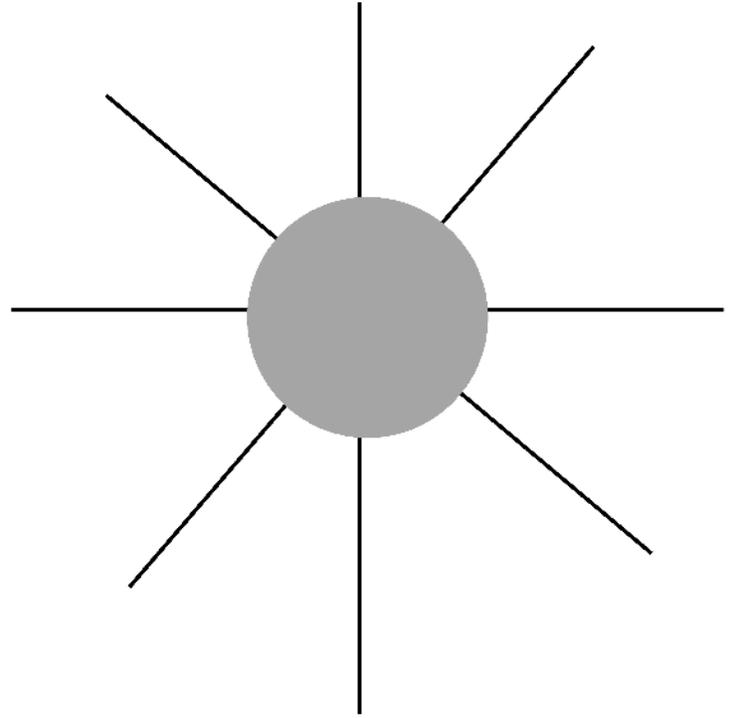
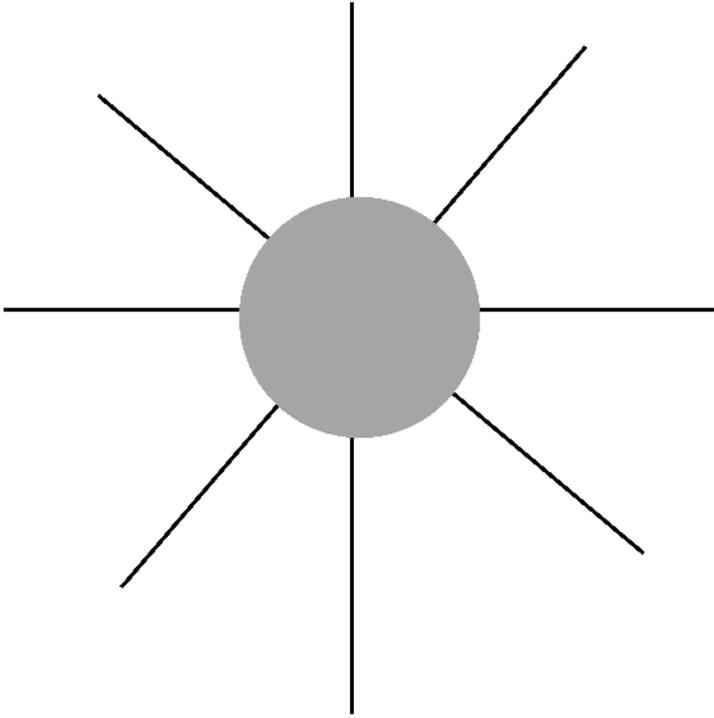
STEP #3: FINDING THE JOY IN THE MOMENT



F.E.A.R. Work: Complete the assignment below to help discover if you are able to find the joy in some of your everyday moments.

In the middle of each circle: Write down 4 everyday routine moments in your life.

On each line: Write down the joy you've experienced or felt in those everyday moments.



STEP #4: DON'T ALLOW THE WANT FOR MORE OR WANTING THINGS TO BE DIFFERENT RUIN YOUR PRESENT MOMENT



F.E.A.R. Work: Complete the assignment below to help discover if you are allowing your moments to be ruined because things aren't exactly the way you want them to be.

Answer the following 3 questions.

1. When things don't go your way, do you usually brush it off and move on positively or sulk all day?

Move on positively: What thoughts are you thinking when you move on positively?

Sulk all day: What are your thoughts when you're sulking all day unable to move past it?

2. Are you where you want to be in life?

Yes: Are there any areas in your life that you still want more out of?

No: Does not being where you want to be stop you from being happy?

3. Think of the areas in your life that you want more or something different from. Are those changes you want actually attainable or are you just fantasizing, knowing it will never happen?

Attainable: What have you done to start getting the things you want?

Not attainable: Have you discovered a way not to let it ruin your present moment?

GREAT JOB ON COMPLETING THIS F.E.A.R. WORK!



CONGRATULATIONS!! JOB WELL DONE!!

Thank you so much for reading 4 Steps: Being Present, Happy & Accountable
In Your Life and completing the included Workbook!

Sometimes it can be difficult to answer questions about ourselves but I believe self-discovery is very important to our development. Self-discovery is also extremely important which enables us to do one essential thing in life... **BE ACCOUNTABLE!** I feel that at times when we aren't paying attention, we tend to look elsewhere to place blame in other places when it comes to the choices we make and the lives we live. I believe that we should all take accountability for our lives and our choices. Being present and accountable can ultimately lead to much more happiness. Not being accountable just causes us to make excuses instead of making changes. Making positive changes can also help us identify our fear, face it and eventually **Freely Eliminate All Restrictions = F.E.A.R.**

I really hope you got something out of this F.E.A.R. Work! I really put a lot of myself into wanting to help people internally. A lot of my own internal thoughts and feelings go into this passion of mine and is a part of my journey that I'd love to share with you. Helping people discover who they are inside has always been a big part of who I am... sometimes too big. I want us to walk through this journey together. I hope you enjoy being a member of the F.E.A.R. Community and please join on nikisoul.com if you're not yet.

Stay tuned for more to come!

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I would love your feedback!
Please email fear@nikisoul.com
nikisoul.com