



# BREAK THROUGH FEAR FREE WORKBOOK

Hello there!

My name is Michelle Rubio-Garcia, author of *Break Through Fear: Embrace Challenges to Illuminate Your Best Self* (BTF) and host of the *Beat the Clock* (BTC) podcast (that's the cover art for it up there ^). I wanted to check in with you before I give you the goods.

First of all, I want to say that I'm SO PROUD OF YOU for downloading this resource. By doing so, you are nurturing your bravery, vulnerability, and curiosity. It's a small step that is worthy of acknowledgement because it's these steps (the scary, quiet ones) that really amount to the big ones we like to share on social media. It is what we do in darkness that gives us enough light to share with others.

By using this resource that I created, I hope to enrich your reading experience of BTF. I KNOW I could have charged money for this. Even if it was a dollar or two, do the math for 100 or 1,000 people. However, it is not about that. It's about YOU and about getting you to be lively again. We all "live", but are we all really taking advantage of our lives?

If you are here, you want to live a little more. Don't feel guilty about that. You have **full permission** to let your mind wonder. Only **you** know if you'll actually take the next steps after you write this stuff down. It can be as fast (or as slow) of a change as you'd like. It can be gradual and calculated or grand and spontaneous. *This is your life*. Make it what you wish. Good luck! Let me know if you need anything else ([beattheclockpodcast@gmail.com](mailto:beattheclockpodcast@gmail.com)). Thank you for trusting me and allowing me to guide you in this way. All of this is FOR YOU. I am just a resource, and I appreciate you trusting in me. Print this out to fill it in. Studies show that writing things down increases your likelihood of memory retention AND follow-through. Writing can be some powerful stuff, guys. Use it. Grab more paper if you need to at any time. Have fun!

All the best,



# BREAK THROUGH FEAR CHAPTER 1

In every chapter, I open with a quote. That was done very strategically to set the tone and to communicate central themes of the book (messages to you). Chapter One said:

**“We lie loudest when we lie to ourselves.”  
—Eric Hoffer, American philosopher**

This will be hard to write down, but I promise you it will be a weight off your shoulders to get this thought out of your head and on paper. In addition, it will also make changing that thought a lot more achievable.

## *THE CONSEQUENCES OF LISTENING TO FEAR*

### **1. What are some lies you are telling yourself?**

(For example, I’ll tell you one of mine: I thought teaching in K-12 education would satisfy me forever and that I shouldn’t complain about wanting more when it’s so stable and satisfying.)

- 1.
- 2.
- 3.

### **2. What made you believe those lies?**

*Look at your answers from question one and answer them here.*

(Again, I’ll be transparent. I saw so many people struggle to finish college or get a job that I felt I was lucky to be “well off” by settling into a career at such a young age. Who was I to want more when others had less?)

- 1.
- 2.
- 3.

**3. Are those thoughts coming from fear or love?**

*Look at your answers from question two and answer them here.*

(I told myself that because I was scared to experience instability to reach for my true desires; they seemed too risky. In addition, many people told me that I should never leave teaching because it's a good job. Obviously, they were risk-adverse (scared), too.

- 1.
- 2.
- 3.

**THE BENEFITS OF LISTENING TO LOVE + FINE-TUNING YOUR EAR**

**4. What is your truth? What do you want? Why do you want it?**

*Think about what makes you feel the most useful and excited.*

My truth: I currently want to teach at my school because I am incredibly happy. However, I eventually want to teach outside of the traditional brick-and-mortar setting if possible. This is because I want to impact as many lives as possible and share humor, honesty, and truth. I want to be able to create without restriction.

**5. Who were the ones who spoke to you from love? What did they praise you for?**

*Bonus here: Every time someone else has told you that, put a check mark in that "trait" column.*

Who spoke to you: (e.g. My teacher)	What they told you: (e.g. S/he told me I was good at making creative visuals.)	What trait can you name this? (e.g. I am artistic).
		√ (← one for every person that has praised you for the same thing)

**6. What are your strengths? OWN THEM HERE. *It'll feel good.***



# BREAK THROUGH FEAR CHAPTER 2

Chapter Two had a quote to challenge your ideas on labels:

**“The master has failed more times than the beginner has even tried.”  
-Stephen McCranie, Cartoonist**

**FORGET ABOUT CALLING YOURSELF AN EXPERT.**

Instead, just think about what you could learn.

## *DIVISIVE LANGUAGE CREATES LIMITS*

- 1. If you did not have to worry about labels, failure, or embarrassment, what would you try? \*AGAIN, ALLOW YOURSELF TO FEEL CURIOUS AND CHALLENGED\***

(For example: I would try writing poetry, learn to create music (through an instrument or software), and try stand-up comedy.)

- 1.
- 2.
- 3.

- 2. What are some concrete steps you could take to learn those skills?**

*Look at your answers from question one and answer them here.*

<u>Free:</u>	<u>Small expense:</u>	<u>Large expense:</u>
e.g. 1. writing poetry Just write for 30 min./day	Buy a book on poetry writing.	Pay for a course.
1.		
2.		
3.		

## FAKE IT UNTIL YOU BECOME IT

### 3. If I decide to scale up or dive deeper, what are some visible ways I could explore this skill?

e.g. for my three:

Poetry: Read my poems out loud to my friends/family.

Join a poetry society/club and maybe recite out loud (eventually)

Music: I could start a Facebook page and post my beats online. I could also get on Soundcloud.

Comedy: Same as poetry recommendations (but obviously, replace poems with jokes)

1.

2.

3.

This section is meant to show you that you can scale as you feel comfortable. Not everyone is meant to sell all their stuff, quit their job, and become a travel blogger (for example). Not all of us have those luxuries or even the bravery to do that. THAT IS OKAY. It's just about taking the first steps. 😊

## DON'T ATTACH YOURSELF TO ONE LABEL

**Journal:** Strip your labels away from your identity (teacher, cop, etc.) for just this exercise. We limit ourselves by placing too much stock in one label. Think about your life without labels (even ones at home like mom, dad, brother, etc.). What would your day look like if you could live without labels? How would your schedule change? Where would you invest your time, money, and attention? You can list this, or you can narrate a day. Whichever approach will you visualize best.

**\*\*DO THIS IN A QUIET PLACE AND TIME YOURSELF FOR 10 MINUTES TO WRITE. WRITE FOR THE ENTIRE TEN MINUTES. IF YOU STOP AFTER 5 MINUTES, THINK MORE DEEPLY. YOU'LL BE SURPRISED TO SEE WHAT YOU CAN FIND. \*\***



# BREAK THROUGH FEAR CHAPTER 3/4

Chapter three started with:

**“The fastest ‘no’ you’ll ever receive is the one you give yourself.”**  
-Paraphrased from Kyle Dendy, Motivational Speaker/Author

Chapter four began with:

**“The art of life is a constant readjustment to our surroundings.”**  
-Kakuzo Okakaura, Japanese scholar

Basically, this means that after you identify your strengths/truth (Chapter One) and formulate a plan (Chapter Two), it’s time to step into your new life. Dendy talks about the beginning of the journey, and Okakaura talks about the middle of it.

Let’s explore that. These could be applied to the beginning of any journey and as you adapt to a rhythm. In other words, once you’re out of “duck” mode, you could see if you want to get to “swan” mode faster, slower, or not at all.

## *NAIL THE BASICS:*

Just to avoid overwhelming you, let’s focus on one thing. Look back at your work in Chapter 2. Pick one thing you want to try. Look at the steps you outlined that you could take. Also look at the ways you scale up. Again, these should be your answers for questions 1,2, and 3. Focus on one. For example, I am currently focusing on poetry in my own life. 😊 When you pick yours, answer the following question:

- 1. What skill do I want to try or improve?**
- 2. How much time will you devote to this? Think day-to-day (not 5 hours a week). If you need to start small (not every week day), then include what days you can manage.**

\_\_\_\_\_ minutes/day      Circle the days you can do it: S M T W R F S

3. At what time will you start?

\_\_\_\_\_ a.m./p.m.

4. How many weeks will I devote to this in the beginning? (Will you include the weekends?)

Anything that you want to improve requires more than a week. Think big and know it's a journey, not a destination.

I will devote \_\_\_\_\_ weeks , and I (will/will not) include the weekends in that routine.  
Circle one.

**\*\*BE REALISTIC\*\*** If you know your weekend life is crazy, you'll beat yourself up because you wanted to be ambitious and include weekends (even if you knew that was impossible). Allow yourself to create a plan you can stick to. When you do that, YOU WILL ACTUALLY DO IT.

5. Who will hold you accountable to be on time:

\_\_\_\_\_ (name a person or app: A PERSON IS BETTER. YOU CAN IGNORE AN APP.)

**\*\***Pick someone responsible and that you won't ignore. Sometimes, we ignore the people that love us more. Even more, we can manipulate our loved ones to get the desired reaction we want.**\*\***

ASK QUESTIONS/TRUST OTHER THINKERS:

6. Where can you look for more information on this?

Write it down. (e.g. YouTube videos, Google search, reading a book on the subject, purchasing a class, etc.)

TAKE EVERY PART SERIOUSLY

7. At the end of each week, do a self-evaluation to see if you took your new skill seriously. You'll need either a journal or a loose sheet of paper (journal will keep you organized),

**Grab a sheet of paper and do the following for every week:**

Week # \_\_\_\_\_ from \_\_\_\_\_ (day, month, year) to \_\_\_\_\_(day, month, year)

Did I fulfill my time responsibility?

If not, why not? How many days did I miss?

Was I coming from a negative place, or it was honestly a hard week? (Both are okay).

What can I do to improve next week?

Is this something I will want to continue once my plan is done?

*It is important to note that you give yourself room to be human in these questions. You hold yourself accountable for the plan to give yourself time to grow (and find a rhythm). However, you can change your rhythm or decide this wasn't your thing after all. It's okay to drop something, but you must try a solid plan to see if it fits first. 😊*



# BREAK THROUGH FEAR CHAPTER 5

Chapter Five reads:

**“Great people do things before they’re ready.” –Amy Poehler,  
Comedian (and overall legend)**

This is where things get real. You identified your strengths, you planned, you tried the plan Now, you’re deciding if this is something worth continuing. I am going to give you a bunch of small journal prompts and personal contracts. That way, you can decide if you want to start a new journey (into a second skill), re-try a new skill (you are allowed to try a new plan if the first one didn’t work), or maybe just do something as simple as stop negative traits (e.g. overspending, being a pushover, etc.).

### *BEFORE YOU DECIDE TO QUIT*

Fill this out by using either two options in the parenthesis. If you want a more authentic experience, get an entire new sheet of paper and write this out in full.

My name is \_\_\_\_\_, and I tried to \_\_\_\_\_ (skill/habit/trait). To be honest, I \_\_\_\_\_ (did/did not) do my best. This is because \_\_\_\_\_ (explanation). If I stop now, I will honestly feel \_\_\_\_\_ (comfortable/uncomfortable) returning to my previous self/life. I am \_\_\_\_\_ (quitting because I feel weak/stopping because this is not what I thought it would be). I love myself and feel this is the \_\_\_\_\_ (right/wrong) choice for my life.

Depending on how you answer this contract, you’ll know if you’re “giving up” for the right reasons. If there’s still some uncertainty, do a five-minute journal with one (or all) of the following questions:

- Am I doing this because my ego is making me feel negatively?
- Will this be something that, if abandoned, I will never think of again?
- If this is a time/money issue, what could I do to make more time/money?
- What would I tell a loved one if they were in my position? Would I listen to that advice for myself because I love myself enough to listen?

**BEFORE YOU DECIDE TO STOP GROWING:**

Fill this out by using either two options in the parenthesis. If you want a more authentic experience, get an entire new sheet of paper and write this out in full.

My name is \_\_\_\_\_, and I tried to \_\_\_\_\_ (skill/habit/trait). To be honest, I \_\_\_\_\_ (did/did not) do my best. I feel \_\_\_\_\_ (comfortable/uncomfortable) with where I'm at at this point. I \_\_\_\_\_ (will/will not) think about more growth later because I \_\_\_\_\_ (am/am not) satisfied with my growth now. If I stop now, I will honestly feel \_\_\_\_\_ (comfortable/uncomfortable) returning to my previous self/life. I am \_\_\_\_\_ (stopping because I feel joy/ stopping because I feel content). I love myself and feel this is the \_\_\_\_\_ (right/wrong) choice for my life.

Depending on how you answer this contract, you'll know if you're "giving up" for the right reasons. If there's still some uncertainty, do a five-minute journal with one (or all) of the following questions:

- Am I doing this because my ego is making me feel negatively?
- Am I doing this because I don't want to risk the comfort I experienced?
- Is this really the best I've been?
- Will this be something that, if abandoned, I will never think of again?
- If this is a time/money issue, what could I do to make more time/money?
- What would I tell a loved one if they were in my position? Would I listen to that advice for myself because I love myself enough to listen?
- Would I look back at my 10-year old self and tell him/her to do this? Why?/Why not?
- Am I comfortable living this current life for the rest of my life?
- Would the future you thank you for what you're about to do?

As you can see, these are SPECIFIC, SCARY questions. Maybe you have never thought of these kinds of questions before. Maybe you did, and you avoided them. Whatever the case, I think that, like I said in the book, asking scary questions is really key to finding enriching answers. You can see if you are feeding your ego or your soul. When you feed the soul, you find true joy. When you feed the ego, you experience fleeting happiness.

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*That's it guys! Can you believe it?! I hope this resource really challenged your thinking. The whole point of the book was to get you to step back, pause, and consider a different reality. You really are a divine being, capable of crafting any of your desires. I'll tell you this: doing it alone is hard. Doing it with support and, most importantly, God is incredible. He will never steer you wrong, even if you are suffering. He uses all things for good (even the bad moments in your life). If you are impressed with this little packet, I can tell you that, while I may be typing it, God told me to create it for you. God loves you. I am just trying to show that.*

*More resources will be coming soon. I will soon publish courses, stationary, and other goods to help you. I am here for you, always. I hope that you find the life you seek. I hope you realize that there's more. I hope that you'll listen to BTC (my podcast, remember!) to hear others confirm that there is. I hope you believe in our stories enough to try to change your own.*

-Michelle