

073: Knocking Down the Three Pillars of Fear

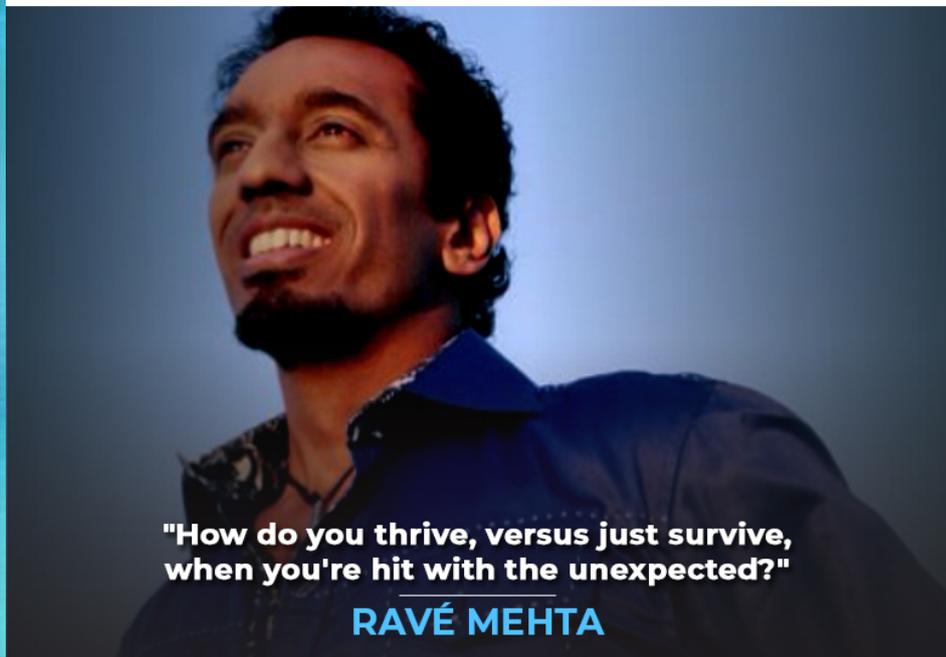
10 Point Checklist

Ravé Mehta

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"How do you thrive, versus just survive, when you're hit with the unexpected?"

RAVÉ MEHTA

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Next time you feel a negative emotion, take a step back and trace it to its roots in fear. Understanding where it comes from will help you overcome it.
- Practice knocking down the first pillar of fear — timing — by focusing on being present in the current moment rather than succumbing to the question of “what if?”
- Examine the strongest attachments in your life and categorize them into rigid attachments or orbital attachments. Shift your perspective to release the stress of rigid attachments.
- Change your perceptual lens from expectations to preferences, and avoid being fixed on a specific outcome. This knocks down the third pillar of fear.
- Practice putting yourself into experiences that tend to cause you fear. By controlling when you have the experience, you can prepare, and thus build your trust muscle.
- Work on figuring out where your own judgments are coming from. These are usually reflected back to you from others, so work on resolving them in yourself.
- If you have an ongoing fear, change your perspective and choose to move toward it. This puts you in a position to be able to confront it rather than avoid it.
- Next time you or a loved one has a fear or negative reaction, gently probe the issue using “why” questions until you find the root of the fear.
- Work toward increasing your baseline flow state. Fear blocks reaching this state, so as you move away from fear, you’ll increase your trust (and therefore your flow).
- Pay attention to when you’re feeling good, and when you’re not. In both cases, take some time to try to figure out why you’re in the state you’re in.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/hacking-fear-with-rave-mehta/>