

# 133: Dancing With Your Fears

## 9 Point Checklist

**Kristen Ulmer**

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **9 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**



**"Embrace your fear to have heightened senses and sharper awareness."**

**KRISTEN ULMER**

# 9 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 9 steps that can move you closer to your goals – today.**

- View fear as a motivator. Having the presence of fear makes and keeps us alive.
- Don't resist or bottle up my feelings. It's okay to be afraid, ashamed or vulnerable.
- Keep my thoughts rational and positive when I feel fear and anxiety.
- Find an outlet for Zen such as meditation or any form of spiritual nourishment.  
Peace of mind is important to my well-being.
- Learn how to shift my thoughts without therapy. This will help me have a strong presence of mind when I feel scared.
- Stop doing the same thing and expecting a different outcome. Find ways to get out of situations when I feel stuck.
- Step out of my comfort zone. Whenever I get too comfortable, find something to do to keep my adrenaline rushing.
- Validate others feelings when they say they're afraid. Motivate them to face their fears rather than telling them to not be scared.
- Read Kristen's book, [The Art of Fear](#), to learn more about embracing fear to lead a successful life.

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

<https://www.getyourselfoptimized.com/dancing-fears-kristen-ulmer/>