



## **“Blast Through Fear”**

**By Dr. Tom Hanson  
Heads-Up Performance, Inc.**

### **1. How to Listen to this Seminar**

- a. Write down 3-5 things you want to do, need to do but are being stopped by fear; might be areas vs. specific actions

- 1.
- 2.
- 3.
- 4.
- 5.

### **2. Two things this seminar won't do:**

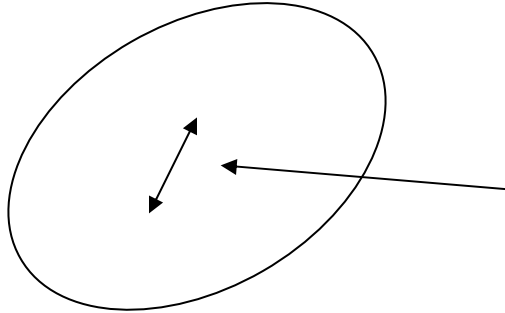
- 1.
- 2.

### **3. Why fear happens**

- a. My body/mind's #1 goal =
- b. So, it must \_\_\_\_\_ and avoid \_\_\_\_\_
- c. Perception of \_\_\_\_\_ puts us on the defensive

**4. Brain Science**

a. 3 parts to brain; \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_.



b. Mid-brain's question: \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_?

c. Sends control to:

d. This is why it doesn't matter what you know

## **The Fear Two Step – Taking the Lead in Your Dance with Your Fear**

**Step 1.** Become a \_\_\_\_\_ of \_\_\_\_\_

1. Raise your \_\_\_\_\_
2. Get a clear \_\_\_\_\_
  - a. Be patient, this normally takes time
  - b. Question:

# Exercise: You, Unstoppable

What observations did you make about yourself during this exercise?

3. Have a \_\_\_\_\_
  - a. Goals
  - b. Keep score – track it or lack it
4. Take \_\_\_\_\_ daily

## Step 2. Improve your \_\_\_\_\_ with Fear

1. \_\_\_\_\_,
2. “Resistance is futile” -- The Borg
3. \_\_\_\_\_ (slit throat)



## 4 Step-by-step Strategies:

### 1. \_\_\_\_\_ Strategy:

- 1) Just F\*\*\*\*\*ing \_\_\_\_\_

### 2. \_\_\_\_\_ Strategy

- 1) Recognize you aren't \_\_\_\_\_, that you're \_\_\_\_\_
- 2) \_\_\_\_\_ your body – stand, stretch, breathe bigly
- 3) Ask: \_\_\_\_\_
- 4) Ask: “What is the \_\_\_\_\_ required to hit that target?”
- 5) Prepare:
- 6) Take the specified action
- 7) \_\_\_\_\_ (this is a vital step)

### 3. \_\_\_\_\_ Strategy

- 1) Recognize you aren't \_\_\_\_\_, that you're \_\_\_\_\_
- 2) Write down at least 5 responses to : “I am afraid that if I \_\_\_\_\_, \_\_\_\_\_ will happen.
- 3) Challenge your thinking
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_



#### 4. Wise Old \_\_\_\_\_ Strategy

- 1) Recognize you aren't \_\_\_\_\_, that you're \_\_\_\_\_
- 2) Visualize:
- 3) Ask:
- 4) Listen, do this for real
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

#### Questions

Please write me and tell me your success story – what action did you take?  
What was the most valuable part of the program?

[Tom@HeadsUpPerformance.com](mailto:Tom@HeadsUpPerformance.com)

For the Next Step, visit [www.ConfidenceConditioning.com/buckoffer.html](http://www.ConfidenceConditioning.com/buckoffer.html)

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