

SCARE YOUR SOUL

INSPIRATION GUIDE



#ScareYourSoul

PHOTO: DANNY HOLLAND

FRIENDS,

You are about to enter a journey. A journey of courage that no one can take but you.

And let us tell you right from the very beginning ...

THIS IS NOT EASY.

Growth. Change. Greatness. They don't come easy.

As Kyle Maynard, a quadruple amputee who literally crawled up Mt. Kilimanjaro says, “Greatness does not begin on the mountaintop. For most it begins at the bottom.”

To be truly great, to be true to our core, to live a life full of passion and purpose takes guts. And that is what the Scare Your Soul movement is all about.

Find it in yourself to be more courageous. Break out of your comfort zones. Be that awesome, strong, authentic badass you know that you are.

This Inspiration Guide—if you embrace it—will help guide you on the path of choosing what to tackle during your challenge. And you won't be doing it alone! You'll be joining a community of courage kickstarters from around the globe.

If you are ready ...

LET'S DO IT.

Get ready to Scare Your Soul.

FEAR

Fear has its place in our lives.
We can't pretend it away.
We can try to medicate it, cover over it with creature comforts.
Deny its existence.

But it's there. It has a seat at the table.

We all have fears, and for a pretty damn good reason: we are living, breathing, alive human beings!
So, what are yours?

FEAR OF...

Vulnerability

Imperfection

Public speaking

Intimacy

Success/Failure

Not feeling adequate

Disappointing others

Changing jobs

Ending a relationship

...or any of the other countless fears that show up in our day-to-day
lives that can have a deep, lasting impact?

But friends, here's the **REALLY GOOD NEWS.**

In the Scare Your Soul mindset, we see fear as a **TOOL.**

Instead of something to be avoided, fear is a goal. Fear is the finish line we are running toward.

As author Jack Canfield says, "Everything you've always wanted is on the other side of fear."
And what lies on the other side?

For many, it's freedom. Positivity. Connection with myself and others. Courage.

What is it for you? And what will it unlock for you? Are you ready to go get it?

GREAT. LET'S DIVE IN!

YOU

Here's where it all begins. With **YOU**.

Name three things about yourself that make you **AMAZING**. Don't be shy or self-deprecating. Go for it.

"I am **AMAZING** because...."

1

2

3

Now, think of one person who totally inspires you.

His/her name is _____

The qualities they have that make them amazing and inspiring to me are

Awesome! Time to think of one **PEAK EXPERIENCE** in your life. One time when you felt at the top of your game. In the "flow". Like your skills and passions and your amazing qualities were all working hand-in-hand. Close your eyes for a minute and re-play in your mind that moment. Now really dig deep.

Take 2 minutes and write...

"When I was experiencing my peak moment, I **FELT**



Extra bonus point: remember the person who inspires you? If it's someone you can still contact within the next 24 hours, call them, write them an e-mail, or somehow communicate to them how you feel about them. If they are not living or you don't know them personally, find someone who you do know, and let them know the same thing. Don't overthink this. It's worth it.

OBSTACLES

Often in life, the greatest obstacles we have in life provide the greatest **OPPORTUNITIES** for growth.
But we don't usually see it at the time.

Think of one time when something happened that shook you to your core.

When you couldn't believe that it was happening, and you thought that the grief, anxiety, or challenge you felt would never end.

Take a minute and write: "The challenge that I faced was _____ and here is how I felt at the time it was happening:"

Now, in hindsight, think about how you **RESPONDED**. Think about what **GOOD** came from the experience. Think about what you learned, the people you met, or the ways you lead your life now as a result. Now take another minute and write.: "Even though it was tough then, looking back now, I'm actually GLAD that I faced that challenge because:"



A few Scare Your Soul Challenge participants

CONNECTIONS

OK, our first section has to do with the connections we have with others in our lives: our families, friends, co-workers, community and yes, ourselves. For most of us, connection provides the foundation for our stability and our happiness. It is the bedrock.

But in life, sometimes those connections can disconnect.

- We act poorly and hurt others. Or they hurt us.
- We get too comfortable in life and forget what really matters to our heart and soul.
- We don't take the time or effort to connect with others—or help others—because we are afraid of the consequences. Even if we know it's the right thing to do.

Take two minutes to brainstorm or “free write” those things for yourself.

“Some of the areas in life when I have disconnected with people important to me, or myself, are:”

Now, write out **THREE** specific actions—that you can either do or initiate in one day—to reverse that sense of disconnection and re-create a connection. Be bold. Make them exciting. If you squirm and feel anxious as you write them, you are **ON TRACK!** But you're not committing just yet.

“Three bold actions that I could do—or start—in one day to re-create connections are:”

1

2

3

LETTING GO

OK, take a deep breath in and out. You're doing **GREAT!**

Think of your life as a series of concentric circles. In the center is your core. Your true self. The fullest essence of who you are in all your awesome, strong, authentic **YOU-NESS**. The one who eagerly played with other kids on the playground without fear of connection. The one who followed passions and interests without regard for what others thought. The one who threw caution to the wind and became a parent, fell in love, or gave fully to others.

As life would have it, we all get scarred and scuffed. Others hurt us, we get embarrassed or made to feel small or incompetent, or we don't succeed at something that is important to us. So we cover over that core with all kinds of actions and externalities to help us deal with that hurt.

To make us seem strong and successful.



For you that might mean:

- Keeping up with the Joneses
- Addictions / medicating the hurt
- Focus on material possessions
- Staying in bad, abusive, or unhealthy relationships
- Living in a rut to avoid confrontation or upset

If we gave you a ticket that assured that you would be successful, what would you stop, reverse, or **JUST LET GO OF** that would allow you to get back to that true, core **YOU?**

Take two minutes and brainstorm.

“If I knew in the end that I would be successful in all the things I want in life, the things that I would let go of would be:”

LETTING GO

Now, write out **THREE** specific actions—things that you can either do or start in one day—to let go. No one will see this but you so be courageous.

Three bold actions that I could do—or start—in one day.

1

2

3



TAKING IT ON!

Didn't that feel **GREAT**? OK ... now, write out **THREE** specific actions—things that you can either do or start in one day—that would happen at the **START** of the life you just imagined.

What action steps would begin the journey to that life?

Again, be bold! If you squirm and feel anxious as you write them, you are **ON TRACK**.

Three bold actions that I could do—or start—in one day.

1

2

3



YOUR SCARE YOUR SOUL LIST

Consider yourself virtually high-fived.

You've done the heavy lifting and are now in the home stretch. Awesome job.
Now, go back to your responses from the prior three pages and transfer over your nine bold action items.

Yes, literally copy them here:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____

Now... we want you to look at them. Of the nine above, which ones do you **WANT** to do? Which ones get you excited? Get your juices flowing? Scare the crap out of you??

Which ones have a due date of **NOW**?!

Copy those three here:

- 1 _____
- 2 _____
- 3 _____

**AWESOME. AMAZING.
READY TO SCARE YOUR SOUL?**

TIME FOR ACTION

YEAH!

So, the three items you wrote at the bottom of the previous page are your own three personal Scare Your Soul challenges. You nailed them!

Now, this is important.

Join our special closed Facebook group at www.facebook.com/groups/scareyoursoulcommunity/

This is where you will be able to participate with - in a private setting - your fellow SYS journeymen and women.

Then, get your challenges scheduled in your calendar. Set them into motion.

You can do one, two, or all three of them. That's your choice.

But the key? **DO THEM.**

Not on Facebook but still want to share your soul? Great. Share away on your own social channels using #scareyoursoul, or you can email us at scareyoursoul@gmail.com.

One reminder. **PLEASE** make sure your challenges are safe—for you and others. That is critical. The responsibility is yours alone to make sure that no one is hurt—physically or emotionally—in the process.

You've taken an awesome step forward in your life.

Now, join others from across the United States and around the globe and **SCARE YOUR SOUL!**

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