

TRUTH BOMB

SERIES

Challenging Fear Narratives

Think

The stories you invent about your fears are rarely true. Challenge them.



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Explore

Isolation multiplies fear. Seek out new voices and challenge your own.



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Do

Courage is built by acting before you feel ready. Start now.



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Apply

Apply what you learn or repeat the same lesson endlessly.



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Integrate

Integration turns resistance into resilience. Connect your growth.



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Maintain

Maintenance is the pause that powers your next leap.



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