

# From Fear to Freedom

7 Exercises to Embrace Your  
Fears & Thrive



**KINDRED**    
  **CREATIVES**  
— Collective —

WHAT IF FEAR WAS MEANT TO  
SERVE YOU?

"FEAR ISN'T THE  
ENEMY. ITS YOUR  
HOMEGIRL."

Fear comes in many flavors and  
intensities; concern, stress,  
anxiety, panic.

Slow down enough to think about  
what your fears mean to you.  
Fear is always helpful and can  
give you insight & clarity.

**Fear left unexamined is a  
dream killer.**

It stops you from achieving  
your highest potential.  
Follow your fear - it will lead  
you directly to your freedom,  
purpose, and joy.

**USE THIS GUIDE TO  
UNDERSTAND YOUR FEARS TO  
ACHIEVE YOUR DREAMS.**



## Hey, I'm Victoria

I'm a painter turned  
entrepreneur, on a  
mission to support black  
women to have  
sustainable and purpose-  
driven art practices.

**I'm the founder of  
the Kindred  
Creatives  
Collective.**

Its mission is to  
connect, empower,  
and support women  
creatives of color  
working in the arts.



**KINDRED**  
**CREATIVES**  
Collective



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# Face Your Fear On The Page

**Slow down to think about what your fears mean.**

Avoidance doesn't stop your fear.  
Taking action does. Worst case scenarios have less power when you articulate them. Braindump your feelings.

*take  
action*

**EXERCISE:** WRITE DOWN THE WORST CASE SCENARIO AND WHAT THAT WOULD MEAN TO YOU EMOTIONALLY AND FINANCIALLY.

RATE IT 1-10 IN THE LIKELIHOOD THAT THIS WILL HAPPEN. 1 BEING UNLIKELY AND 10 BEING GUARANTEED.

IMAGINE THE WORST CASE SCENARIO DOES HAPPEN. WRITE DOWN AN ACTION PLAN IF IT HAPPENS TO GET BACK ON TRACK.



# Flip The Script

**Do you have a fear of being  
successful?**

How would your life change? Would you have creative and financial gains, relationship benefits, or freedom?



**EXERCISE:** WRITE DOWN THE BEST CASE SCENARIO AND WHAT THAT WOULD MEAN TO YOU EMOTIONALLY AND FINANCIALLY.

RATE IT 1-10 IN THE LIKELIHOOD THAT THIS WILL HAPPEN. 1 BEING UNLIKELY AND 10 BEING GUARANTEED.

IMAGINE THE BEST CASE SCENARIO DOES HAPPEN. WRITE DOWN AN ACTION PLAN IF IT HAPPENS TO PREPARE YOU FOR SUCCESS.

# 3

## Explore Fear As Your GPS

**Can't get an idea out of your head no matter how hard you try?**

What helpful and productive message is fear trying to communicate to you? Fear is often directing you in the direction your soul wants to go.

*just  
breathe*

**EXERCISE:** CONNECT TO YOUR HIGHER SELF. KEEP YOUR FREQUENCY HIGH AND BELIEF STRONG.

BE IN THE MOMENT.

DO A 20 MINUTE MEDITATION TO QUIET YOUR MIND TO LISTEN TO YOUR HIGHER POWER.



## Rename Your Fear

**What if the emotions you're feeling  
is anticipation or excitement?**

Remove the negative story you tell  
yourself when you experience  
fear. Choose an interpretation of fear  
that serves you.

*choose  
joy*

**EXERCISE:** ASSOCIATE THE WORD FOR FEAR WITH  
SOMETHING ENERGIZING AND EMPOWERING FOR YOU.  
MAKE IT LIGHT AND FUN.

WHAT BRINGS YOU JOY? WHAT'S A WORD THAT MAKES YOU  
SMILE. SWAP OUT FEAR FOR THIS WORD.



# Embrace Your Failures

**Are you afraid to fail? You win and you learn, but you never fail.**

Failure is just an event, it's not a characteristic trait. You only fail if you stop growing and learning.

*slay  
failures*

**EXERCISE:** THINK ABOUT A SPECIFIC TIME YOU FAILED. WHAT ARE 3 GOOD THINGS THAT CAME FROM IT?

DON'T ALLOW YOURSELF TO WALLOW IN YOUR PAIN AND DISAPPOINTMENT. PICK YOURSELF UP AND START DOING YOUR WORK FROM A PLACE OF JOY AND POWER.



# Tap Into Your Body's Wisdom

**Pay close attention to the truth and  
wisdom in your body.**

Your heart and intuition is far more  
intelligent than your mind. Practice  
feeling what your body communicates.

*body  
compass*

**EXERCISE:** BREATHE AND ALLOW YOUR MIND TO SETTLE.  
BE PRESENT TO YOUR BODY.

ASK YOURSELF THE FOLLOWING QUESTIONS:

- DO I REALLY WANT TO DO THIS?
- DOES SAYING YES TO THIS MAKE ME FEEL EXPANSIVE  
OR CONTRACTIVE?
- IF I HAVE 20 MILLION IN THE BANK WOULD I STILL  
WANT TO DO THIS?

WHAT HAPPENS IN YOUR BODY? OPENNESS & LIGHTNESS  
IN YOUR CHEST? OR HEAVINESS?





# Release And Trust

**Fear lives in the future. Be Present.  
On the other side of fear is freedom.**

No matter how intimidating you think something will be, when you accomplish it you'll realize that it wasn't so bad.

*level  
up*

**EXERCISE:** ENVISION YOUR CHALLENGE FROM THE FUTURE. ACT LIKE YOU HAVE ALREADY WON.

WRITE DOWN ALL THE GOOD THINGS YOU'VE ACCOMPLISHED IN YOUR LIFE SO FAR. RECOGNIZE THAT YOU'RE ALREADY KILLING IT.

HAVE FAITH AND GRATITUDE. ALLOW THE UNIVERSE TO SHOW UP FOR YOU.

# 7 Exercises to Embrace Your Fears

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## Face Your Fears

Write down the worse case scenario.

2

## Flip Your Fears

Write down the best case scenario.

3

## Fear As Your GPS

Breathe and listen to your higher power.

4

## Rename Your Fears

Swap fear with an empowering word.

5

## Slay Your Failures

Write 3 good things that came from failing.

6

## Body Compass

Pay attention to the wisdom in your body.



7

## Release and Trust

Envision your challenge like you already won.

**DON'T NEGOTIATE YOUR  
DREAMS.**



**"BELIEVE THAT  
YOUR DREAM IS  
POSSIBLE AND  
THAT IT'S  
AVAILABLE TO  
YOU."**

**GIVE YOURSELF PERMISSION TO  
LIVE THE LIFE OF YOUR  
DREAMS.**

In order to change your life,  
your faith in miracles and  
yourself must be greater  
than your fear.

USE THIS GUIDE IN MOMENTS  
OF FEAR & DOUBT. LOVE  
YOURSELF, TAKE INSPIRED  
ACTION - AND STUNT ON THEM.

**XOXO,**  
VICTORIA

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I'm a painter turned  
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