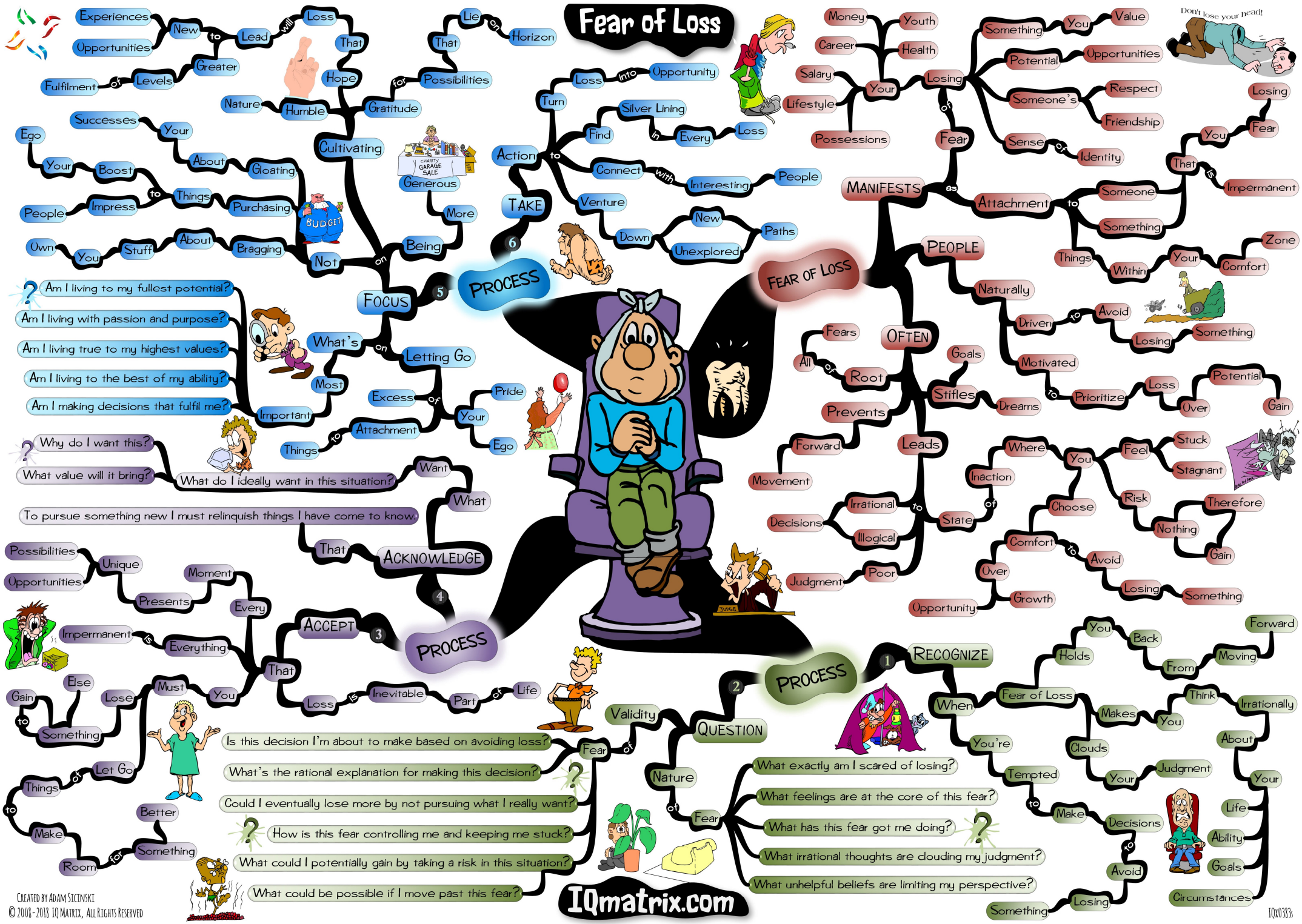
Fear of Loss
Don't lose your head!
Experiences
New
Opportunities
to
Lead
will
Loss
That
Greater
Fulfilment
of
Levels
Hope
Nature
Humble
Gratitude
for
Possibilities
That
Lie
on
Horizon
Successes
Your
About
Gloating
Ego
Your
Boost
to
Things
Purchasing
People
Impress
BUDGET
Own
You
Stuff
About
Bragging
Not
on
Being
More
Generous
CHARITY GARAGE SALE
Cultivating
Focus
5
Am I living to my fullest potential?
Am I living with passion and purpose?
Am I living true to my highest values?
Am I living to the best of my ability?
Am I making decisions that fulfil me?
What's
on
Letting Go
Most
Important
Excess
of
Your
Pride
Ego
Things
to
Attachment
Why do I want this?
What value will it bring?
What do I ideally want in this situation?
Want
What
To pursue something new I must relinquish things I have come to know.
That
Acknowledge
4
Possibilities
Unique
Opportunities
Moment
Presents
Every
Impermanent
is
Everything
Gain
to
Else
Lose
Must
You
Something
Let Go
Things
of
Make
Better
Room
for
Something
Accept
3
That
Loss
is
Inevitable
Part
of
Life
Process
Process
6
Take
Action
Turn
Loss
into
Opportunity
Find
Silver Lining
in
Every
Loss
to
Connect
with
Interesting
People
Venture
Down
New
Paths
Unexplored
Fear of Loss
Money
Youth
Career
Health
Salary
Lifestyle
Your
Possessions
Losing
Something
You
Value
Potential
Opportunities
Someone's
Respect
Friendship
Sense
of
Identity
Fear
of
Manifests
as
Attachment
to
Someone
Something
That
is
Impermanent
You
Fear
Losing
Things
Within
Your
Comfort
Zone
People
Naturally
Driven
to
Avoid
Losing
Something
Motivated
to
Prioritize
Loss
Over
Potential
Gain
Often
Fears
All
of
Root
Goals
Stifles
Dreams
Prevents
Forward
Movement
Leads
Decisions
Irrational
Illogical
to
State
Judgment
Poor
Inaction
of
Where
You
Feel
Stuck
Stagnant
Risk
Nothing
Therefore
Gain
Choose
Comfort
to
Avoid
Losing
Something
Over
Opportunity
Growth
Process
1
Recognize
When
Fear of Loss
Holds
You
Back
From
Moving
Forward
Makes
You
Think
Irrationally
About
Your
Life
Ability
Goals
Circumstances
Clouds
Your
Judgment
You're
Tempted
to
Make
Decisions
to
Avoid
Losing
Something
Process
2
Question
Validity
Fear
of
Is this decision I'm about to make based on avoiding loss?
What's the rational explanation for making this decision?
Could I eventually lose more by not pursuing what I really want?
How is this fear controlling me and keeping me stuck?
What could I potentially gain by taking a risk in this situation?
What could be possible if I move past this fear?
Nature
of
Fear
What exactly am I scared of losing?
What feelings are at the core of this fear?
What has this fear got me doing?
What irrational thoughts are clouding my judgment?
What unhelpful beliefs are limiting my perspective?
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