

**Month 6, Week #1**

**Conquering the #1 fear**

Hi!

**Whoa! Welcome to Month 6 of our Gutsy Goddess Society training program.** I'm beyond thrilled to introduce you to my fave chakra of them all: the 5th chakra, the expression level of your happiness, which is located at your throat. When you're balanced here, others rely on you to speak your truth, and you do. You have put together your own unique worldview, and act on it without needing to prove yourself to others. You have learned how to quiet your thinking mind so that you may listen to the subtle, yet powerful guidance of your wise intuition.  Think: Truth. Originality. Innovation. Creative expression.

You know you're imbalanced here if you show inappropriate expression of self - either too little or not enough ... disruptive tendencies ... anxiety.

Our call yesterday was AMAZING. If you missed it, you can download it here: [http://jennyfenig.audioacrobat.com/download/GGS\_Module\_6.mp3](http://www.on2url.com/lnk?gHo34TCgkUA%3D)

Okay, onto the weekly assignment ...

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INSPIRATION IN ACTION ASSIGNMENT

Do you know what the top fear the majority of the world has? Hint: it's not death! It's ... public speaking. And it's no surprise. Having a bunch of peeps looking at you creates a field of energy that can be felt. Being able to speak up in public is really important for a gutsy gal like you so this week, we're going to focus on how breathing and visualization can help you conquer this fear and be able to speak your mind in front of a crowd. Cool?

This is helpful no matter what kind of crowd you're in front of - colleagues, clients, friends, family, students, you name it.

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**ACTION STEPS:**

1. Instead of denying the energy in the room or trying to ignore it, picture yourself riding it like a cool surfer rides a beautiful wave. Don't wish the wave away. Ride it, own it, love it and give the energy back to the audience.

2. Breathe into any nervousness you may feel. Be one with this energy and give it back to the audience. Charismatic speakers and leaders vibrate with the group mind. When you do, you'll come across as a very engaged, plugged-in gal. Try it.