

The Fearbreaker Companion Journal & Workbook

Welcome, Fearbreaker!

This journal is your space—to reflect, explore, and build courage one page at a time. Let it be a sanctuary for your thoughts, a spark for your bravery, and a record of your growth.

How to Use This Journal

You don't need to follow a rigid schedule. Start where you are, use what you need, skip what you don't. Come back to these pages whenever fear rises—this is your grounding space.

Section 1: Daily Grounding Practices

Daily Affirmations

Repeat or write these affirmations each morning—or create your own:

- I am capable.
- I take brave steps.
- I am growing every day.
- My fear does not define me.
- I don't have to be perfect to begin.

✨ Write your own affirmations:

- _____
- _____
- _____
- _____
- _____
- _____

Morning Intention Worksheet

Today, I want to feel:

My small brave step is:

Evening Reflection Worksheet

One thing I did well today:

A fear I faced today:

A kind word I want to offer myself:

Section 2: Reflective Prompts Worksheets

Prompt Page Template

- What fear is showing up for me today?

- What is this fear trying to protect me from?

- What would I do if I trusted myself more?

- What's one small action I can take today?

- What truth can I speak back to fear?

Section 3: The Fearbreaker Toolkit Worksheets

One Brave Step Log

Date:

Brave Step Taken:

Date:

Brave Step Taken:

Date:

Brave Step Taken:

Date:

Brave Step Taken:

Date:

Brave Step Taken:

Date:

Brave Step Taken:

Date:

Brave Step Taken:

Sword of Clarity Worksheet

What fear is telling me:

What I know to be true:

Truthsight Reframe Worksheet

Fear's Message:

Truthsight Response:

Section 4: Progress Tracker Worksheets

Tiny Actions Log

Day	Action Taken	How I Felt After
1		
2		
3		
4		
5		
6		
7		

Brave Step Reflection

I'm most proud of this step:

What it taught me:

Section 5: Vision Building

Fearbreaker Identity Worksheet

Inner Warrior's Name:

Their Strengths:

Personal Motto:

 Describe or sketch your Fearbreaker:

Section 6: Letters to Self Worksheets

A Letter to Your Future Self

Write a letter encouraging the future you to keep believing in your courage.

Notes for Hard Days

When I feel stuck, I want to remember:

Kind Words to Myself

| You've come this far.

| Yes, you can go farther.

| Keep going, Fearbreaker. |