

# 4 WAYS TO BE **FEARLESS**



Supporting women in food and retail to feel clearer, braver, and more like yourself at work.





# How To Be Fearless

Over the next few pages, I will share how you make small changes to your life that will have big impact on your confidence and wellbeing...

## Get Into The Zone

Let's explore your comfort zone and where opportunities may be - even if you're not aware yet.

## Ta Da!

Learn how to recognise and celebrate your successes and achievements like never before!

## Name The Fear

Journal prompts to help you reflect and process what is stopping you from achieving and succeeding.

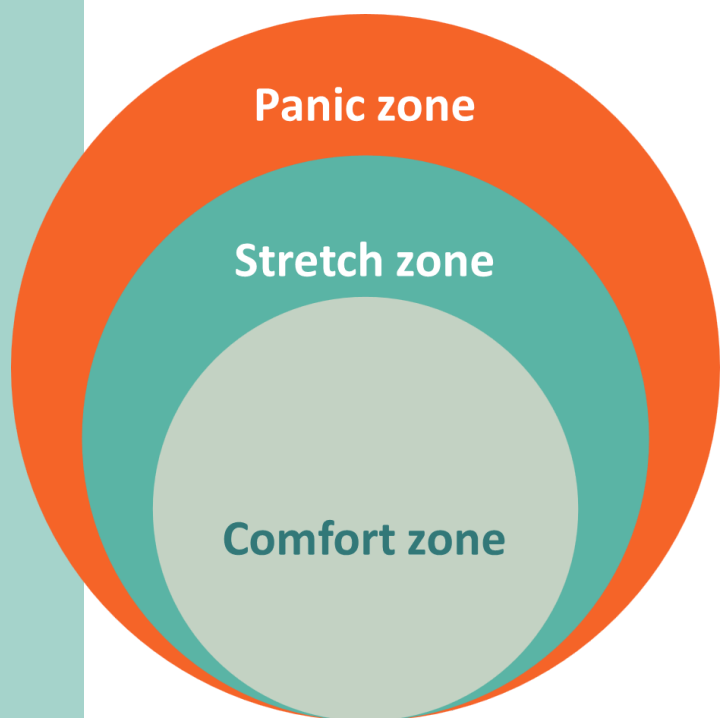
## Stay Calm!

Learn a useful strategy to help you regulate and stay calm - even when things are going wrong.

# Get Into The Zone

## How to use this:

The question prompts can help you to reflect on where you currently are, where there are opportunities to grow, and where you can ask for help and support from those around you.



**Comfort Zone:**  
Where have you become too comfy?

**Stretch Zone:**  
What is stretching you to learn & grow?

**Panic Zone:**  
Where do you need support?

# Ta Da!

## How to use this:

Focusing on what you have achieved and the progress you have made will help you to become more confident, able to focus on your strengths and be more resilient.



[Did you know you can find my Ta Da List Journal on Amazon?](#)

## Make it a habit:

- Spend time reflecting on your successes.
- Take time to write down the things you have achieved - whether they are small successes or super-duper accomplishments.
- Celebrate your successes and reward yourself - you deserve it.
- Think about: **Where have you made progress?**
- Think about: **What have you overcome?**

# Name The Fear

## How to use this:

Use these journal prompts as often as needed to reflect, process and make a plan of action when life gets tough.



What's the real challenge here?

Who could support me?

How will I feel when I've done this?

What is getting in my way?

What is my first next step?

# Stay C.A.L.M

## How to use this:

Things getting tricky? Have a difficult conversation you need to have? It's easy to get frazzled and dysregulated so use these prompts to stay calm and well.



### Clarify the issue

State the concern clearly and factually, without blame



### Acknowledge their perspective

Demonstrate empathy—what might they be feeling?



### Listen actively

Give them space to respond before jumping in with solutions



### Move towards a solution

Ask: "How can we resolve this together?"



[Click here to watch the video:](#)



## FINAL WORDS

Well done! You made it to the end of the PDF. I hope these strategies have given you something to think about and are going to be useful to take away and use in the real world.

Being Fearless in the food and retail industry can be intimidating - but I'm here to let you know that feeling confident in the workplace (and in your everyday world) is a skill that can be learned and mastered with the right support.

You've already come this far. You've got this!

*Amy*

**Amy Wilkinson,**  
Fearless Foodies Founder

