

EMBRACE COURAGE

Your Quick and Easy Guide to Overcoming Fear



LaurieHerbers.com

Welcome!!!

Welcome! You've taken an important step towards conquering your fears and embracing a more confident and courageous version of yourself. Fear can often feel overwhelming and paralyzing, but with the right tools and mindset, you can overcome it and move forward in your life.

This guide is designed to be simple, practical, and actionable, providing you with quick and effective strategies to push past fear. Whether you're facing a significant challenge or just trying to take the next step in your personal or professional journey, this guide will help you navigate through your fears with confidence and faith.

Remember, you are not alone in this journey. Many people experience fear, but what sets you apart is your willingness to confront it and take action. As you go through this guide, keep in mind that each small step you take is a victory, and with each victory, you grow stronger and more resilient.

Let's get started on this journey together. You have the courage within you, and with God's guidance and support, you can overcome any fear that stands in your way.

Welcome to your journey of courage and growth!

A handwritten signature in black ink that reads "Laurie Herbers". The script is fluid and cursive, with the first letter of each name being capitalized and prominent.

Relationship & Spiritual Love Coach

Embrace Courage: Your Quick and Easy Guide to Overcoming Fear



1. Acknowledge Your Fear

- Recognize and name the fear you're experiencing.
- Write it down to externalize it and reduce its power over you.

2. Understand the Root Cause

- Reflect on where this fear is coming from.
- Ask yourself questions to uncover the underlying issue.



3. Shift Your Perspective

- Challenge negative thoughts and replace them with positive affirmations.
- Focus on the potential positive outcomes rather than the worst-case scenarios.

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4. Take Small Steps

- Break down the fear-inducing task into smaller, manageable steps.
- Celebrate small victories to build confidence.

5. Visualize Success

- Imagine yourself successfully overcoming your fear.
- Visualize the steps you'll take and the positive outcome.



6. Seek Support

- Talk to a trusted friend, mentor, or coach about your fear.
- Surround yourself with supportive and encouraging people.

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7. Practice Mindfulness and Relaxation

- Engage in deep breathing, meditation, or other relaxation techniques to calm your mind.
- Stay present and avoid catastrophizing about the future.

8. Take Action

- Commit to taking immediate action, even if it's a small step.
- Focus on progress, not perfection.



9. Learn from Experience

- Reflect on past experiences where you successfully overcame fear.
- Use those experiences as evidence that you can do it again.

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10. Pray and Trust in God

- Pray for strength and courage to overcome your fear.
- Trust that God is with you and will guide you through.

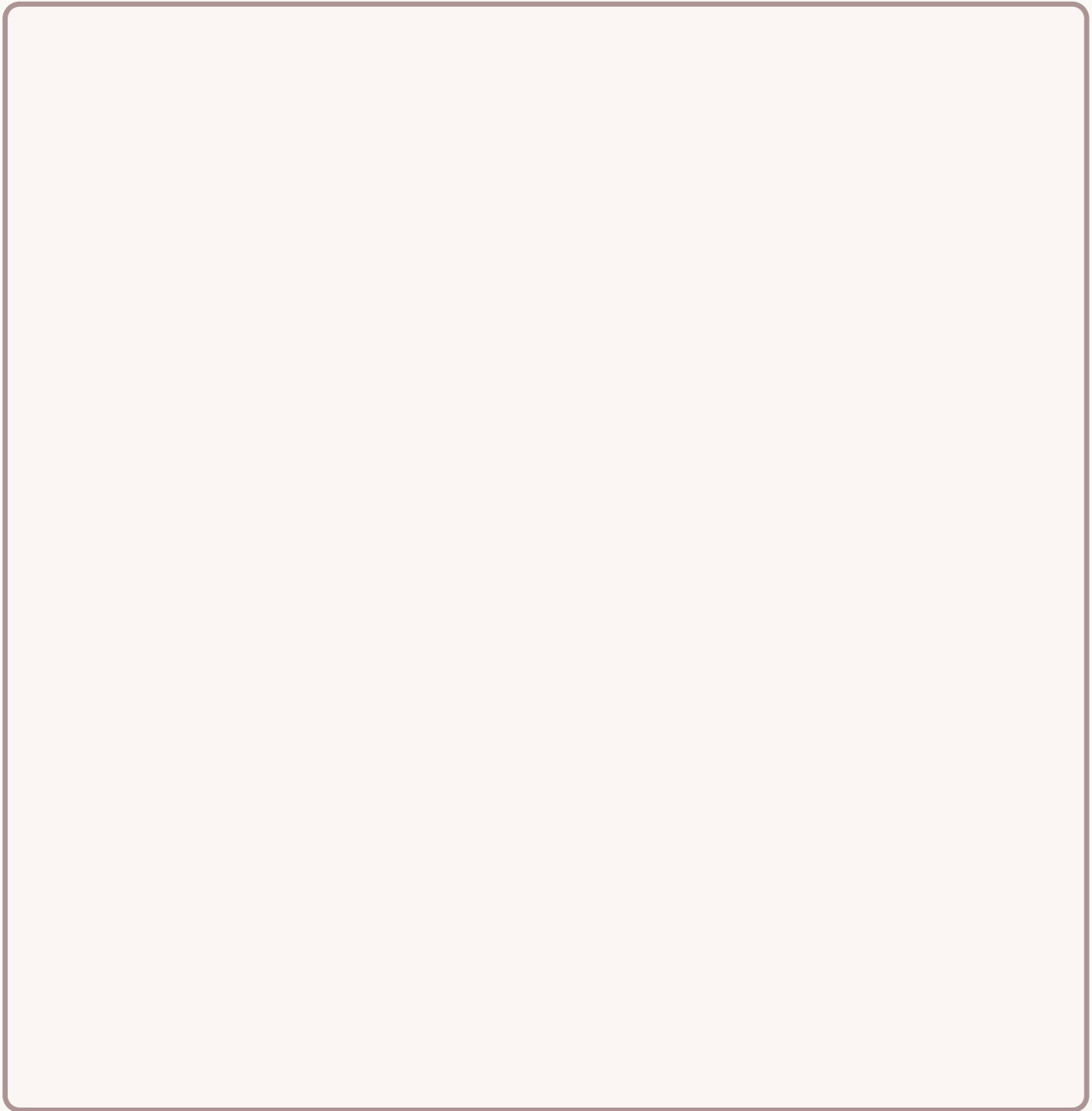
Reflection Exercise

- Write down a fear you're facing right now.
- Identify the first small step you can take to overcome this fear.
- Visualize yourself taking this step and succeeding.
- Pray for courage and take that step.



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GOD'S MESSAGE TO YOU





My child,

There is a 'thing' that has you tethered to your past.

It could be recent or far back, but that 'thing' holds you in place so you cannot move forward.

What is that thing for you?

Your hold on that 'thing' keeps you from walking in My will.

It keeps you stuck. It keeps you in pain.

You know what it is. You know.

It is time now to let it go. To walk away from it in surrender to your miracle making Father, who creates wonders for you.

It is time for Me to create wonders through you as My beloved child. It is time to do a 'belief sweep'. Time to sit down with

Me and deep dive into your subconscious and pull out all the 'things' that keep you tethered. There may be one, there may

be many, and the only way to untether is to trust Me to walk you through the fire of its pain to the other side. There is only

one way and that is through.



I will walk you through the fire, the fire will not burn you, but you will learn from it and be stronger, more confident, more authentically you.

This 'thing' keeps you from becoming who I created you to be and is beckoning you to stand fully in My presence.

For you, your very existence and the creation of you was for the purpose I placed inside of you to enlarge My kingdom.

Your purpose is you, and you are loved by an all-encompassing love. This love created you in perfection and planned for you.

I am this love.



LOVE *you*



Purpose

My plan is still here, waiting for you to become the you that surrenders to the execution of My plan.

The plan is already written.

All the grace and glory of Me that you find in My presence is yours.

Are you ready to surrender to My plan?

Are you ready to allow Me to walk you through the fire, so you are no longer tethered to the past, tethered to the pain, tethered to the heartbreak?

For the fire will remove the impurities, My fire refines you and prepares you to walk into prosperity that comes with surrendering fully to My will.



But seek first his kingdom and his righteousness, and all these things will be given to you as well. Matthew 6:33.

Allow yourself to become undone.

Untether yourself from the past; from that thing you're holding onto in heartache or heartbreak.

Allow Me to heal you and fill you with My everlasting love, prosperity, and peace.

I love you more than anything you could possibly hold on to, so let it all go and I will give you rest.



Ask Spirit to pray you through it with Me.

Surrender that ‘thing’ that you’ve tethered yourself to, and My plan will move you forward. Completely healed.

Embrace My promises.

Every. Single. One.

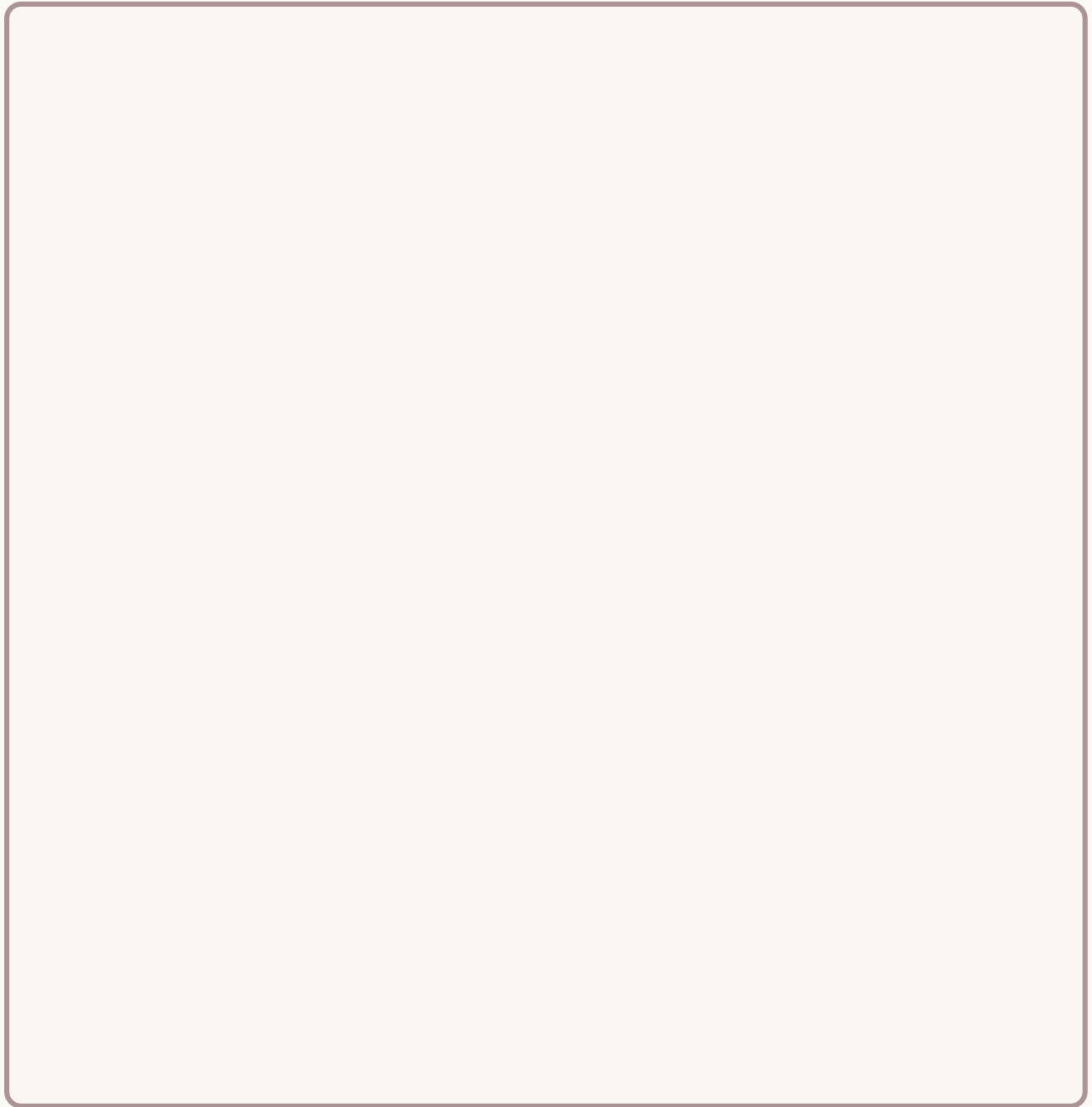
For I have plans for you, to give you hope and a future.

Step into that future I’ve prepared for you with Me, I AM the only one who can lead you. For I am the door. I am the way, the truth, and the life.

Your belief is the key. All of My power and authority is in your belief. Untether and get ready to rise.

Journaling Prompt

Ask Spirit to pray you through letting go of the 'thing'. Write it down and surrender that 'thing' that you've tethered yourself to,

A large, empty rectangular box with a light pink background and a thin brown border, intended for journaling.

BECOMING THE ONE GOD CALLED





Hearing God is key to being able to follow Him. Listen closely for He IS speaking to you always.

He has a plan for you and wants to tell you about it. He wants to lead you and love you just the way He created you to be loved.

I am going to share with you a few (for there are many) of the times He gave me clear and specific instructions.



February 21, 2022 Monday 7:21am

You are mine. You belong to me. They are calling out to me, asking for help. You are the help I have already sent. Tell them I am here. I am listening I hear their cries. I have whispered to them to listen, but they cannot hear me over their moaning and groaning. You are the vessel through whom I speak. Help them become who they were called to become. Trust who you were made to be. Trust in who you already are and in who you are still becoming.



Becoming abundance is still your story, just like the others. You grow as you write. You create with the magic of the words that flow through you. Use the words to create! Use the words to create everything you want; it is all here waiting for you to just say it.

Becoming Abundance

6 - week coaching. \$1200.

They will find strength in me, purpose, healing, love, peace, joy and abundance because abundance is their birthright.



April 17, 2021, Saturday 9:04 am

Let go of what you once were. You are no longer tied to the past, tied to the cords that have fallen away, tied to the memories, or tied to the pain. You are abundance. It is why you are creating Becoming Abundance because you are always becoming something.

Allow yourself to become more. More love, more joy, more compassion, more peace, more abundance, more success. You are not tied any longer to the generational pasts that were holding you down. You have stepped out of the shadows and are standing purposefully in my light.

My words are a salve to your soul. Your soul needs time to fill up with love. Allow my love to fill in all the holes where pain once resided so pain can no longer encapsulate you or your heart or your soul or your mind.



Embrace the power of me that is within you.

You are no longer small, encased in a box of pain and fear. Kick that box away. You no longer need it hanging on the wall of your heart. Yes, allow the light and power of my love to disintegrate all that no longer serves you.

Step into your new now. No longer needing anything else but me to fill up your cup. Love is overflowing all around you, use it to write and to create. Your love is already healing those around you. Fly. Soar. Choose love in all things. Do not squander the rest of your time there worrying about your time there. Embrace the future now. Embrace your power now. Embrace your gifts now. Pull abundance to you now.



You do not have to wait.

There is nothing standing in your way, even the darkness moves aside because the light you carry burns them to their very core. You've had this power all along. You literally light them on fire. They cannot stand in your presence anymore.

Stop allowing them to tell you how weak you are, when you are filled with My power.

Love IS the catalyst and you've had it all along. Use it now. Fill up yourself, your day, use it to catapult you forward. Allow becoming abundance to flow from you and stand in who I created you to be.

Reclaiming Your Authenticity

Abiding in HIS Presence



His words to Me become exactly what He asked of me.

Reclaiming Your Authenticity is a 6-week journey leading you to who God is calling you to be. Seek and you shall find.

Take back your power. Stand in the authority God placed inside of you. Embrace the future now. Embrace your power now. Embrace your gifts now. Pull abundance to you now. Surrender and become more than you ever dared to dream. God has a plan for you. Are ready for it?

Learn more about [this amazing journey here.](#)

Pay in Full &
Save \$200 with coupon code: Guide

GOD'S DIVINE WORTH





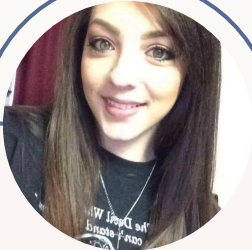
Surrendering is not a sign of weakness but a courageous act of trust in the Almighty. Each step you take is a stride towards a life of divine worth, where every decision is sanctified by faith and every action is an echo of God's greater purpose. Let this guide be the compass that points you to God, to Divine Worth, where your journey of surrender and discovery continues.

Kind Words from Clients



AUBRI

Divine worth accelerator changed my life. This course reminded me that it's not the worlds timing it's Gods and that I am constantly loved by him. When you complete this course you will walk away with new perspectives and peace within. We never stop growing and learning and this course is a great step in continuing your journey!



LARISSA

I found this course very beneficial. As a Christian and walking with the Lord I have found some of these things I've been working on as he reveals them to me, but some were deep rooted. This course helped me to really focus and find them. It is a GREAT course especially for people who are stuck in a rut and have no idea what to do next. I loved it! I think there is so much to be learned from it! Very simple and self-explanatory, it just falls onto the individual of making time and following through with the course! Good stuff! If you truly want help and work the course the way you are meant to, it WILL help. Thank you, Laurie.

Kind Words from Clients



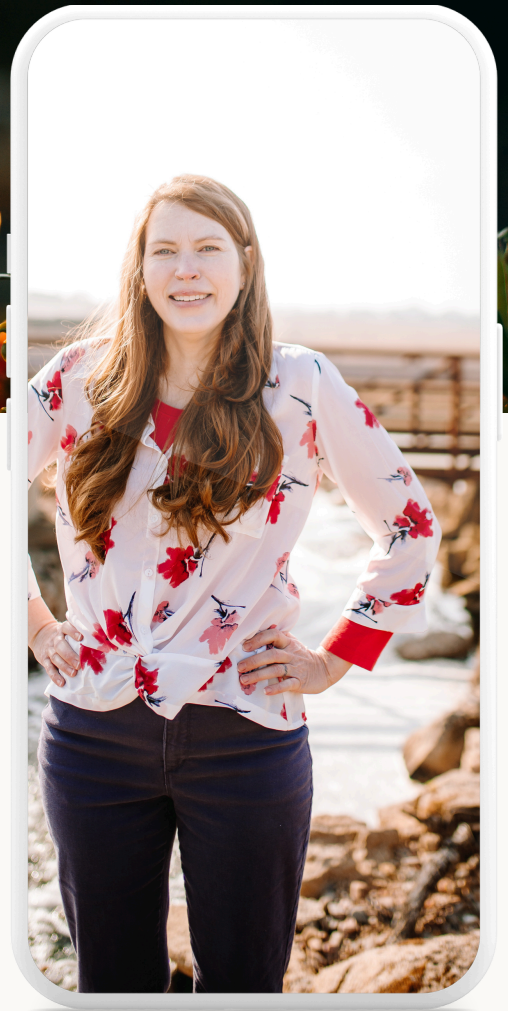
LEIGH

I have really enjoyed working with Laurie. She is amazing at guiding me where I need to go. After every session I have felt a sense of peace that a piece of me had been healed. She's really good at this! Extras include simple inspired HW assignments to remind me of some of the things we worked through, and personal to me short meditations, again to help me with my healing. The "LIVES" on her site always seem to pop up at just the right moments. So glad for the time I have spent with her. I HIGHLY recommend Laurie.



JANEEN

A few weeks ago when I was flustered trying to figure out some details on our travel plans and feeling like I was following breadcrumbs and waiting on God thinking He was just going to show me little glimpses at a time I was uneasy about the future and scrambling to make plans without a vision of what His will was for our life. That's when this beauty Laurie Herbers one of our newest Certified Radiant Leadership Life Coaches offered me a coaching call. By the time our session was over I had clarity and confidence on how to move forward. We had talked through it as she led and coached me through my conversation with the Lord to help me get the answers I needed. She is always seeking to hear from Him and through her obedience and vulnerability I had breakthroughs with her. So grateful for you Laurie! Anyone that works with you will be blessed



Thank you!

Thank you for taking the time to work through this guide. I wish you success in everything you do. I am here to guide you. I am willing to help in any way I can.

Your life's journey is uniquely yours, a beautiful unfolding of self-discovery. If you feel called to dive deeper, to explore further into your well-being and mindfulness, consider joining me in a personalized coaching session or one of my courses. Together, we can navigate through your unique path, exploring with curiosity and unfolding each layer of your journey with kindness and understanding. Your story is waiting to be unearthed, and I am here, ready to walk alongside you in every step of this transformative expedition. Let's journey together.

Laurie Herbers

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