

The Wild Woman Entrepreneur's Guide to Fear & Power

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Hello sister, I'm thrilled you stopped by.

I'm Chrissy Brady-Smith, life coach for women entrepreneurs who struggle with the emotional ups and downs of running a business. I believe the woman *behind* the business deserves just as much love and attention as the woman *leading* the business. Her emotions must be fed, her body must be nurtured, and her fears must be heard.

I believe business to be a rite of passage, a portal that shows you how big you can play as you move through the emotions of fear, shame, and worry. This initiation invites a new archetype of feminine leadership to emerge, and I'd like to introduce you to her.

She's a heroine, an inspiration bridging the gap between business and pleasure.

She's inside of you right now, but you need to slow down, close your eyes, and breathe her in.

She doesn't show up through DOING or PUSHING. Her presence must be felt through your senses, intuition, and energy beyond the mind.

Introducing....

The Wild Woman Entrepreneur

She connects two archetypes: **The Modern Day Business Woman** (driven, focused & logical) + **The Ancient Wild Woman** (untamed, surrendered, sensually & emotionally awake)

The Wild Woman Entrepreneur and I share the same belief: *Your emotions are beautiful.*

Every single one. Your fear, pain, shame, anger, and anxiety are welcome here.

I believe these emotions show up to introduce to you to your power.

But there's one problem.

If you don't handle these uncomfortable emotions responsibly, they'll take you out. Your fear will limit your visibility. Your anger will come through your email marketing. Your shame will limit your messaging. Your guilt will interfere with your bank account. Your frustration will keep you stuck in writer's block.

Add these emotions up and that's a recipe for overwhelm, blocked creativity, and zero inspiration. If you're not inspired by your message anymore, who will be?

The impact you desire to have on the planet is wasted every minute these emotions and anxieties take you out of the game.

That's why I've created an eBook for you to experience emotional freedom so you can be the success you desire to be.

Let's start with Fear, shall we?

Fear is a really important subject for me.

Fear used to rule my life. My fears used to be a GPS system telling me where not to go in order to stay safe and comfortable. I stayed in jobs that were unfulfilling out of the fear of failing at my true calling. I stayed in relationships that hurt more than healed out of the fear of being alone. I held back my voice out of the fear of being disliked or judged. I let go of profound opportunities out of the fears of overwhelm and failure. You get the picture.

When I first started out as a coach, I recorded a year's worth of video content and NEVER posted one video. Why? Fear. Funny how something as simple as a facebook post feels like a near death experience, at times, right?

In my first couple years in business, I relied on my thoughts and logical reasoning to get me through the day. But that wasn't enough. I needed more feminine power. All the DOING and PUSHING actually stressed me out and blocked my true wisdom from coming through. My fear ran the show instead of my courage.

I was missing an important element of feminine leadership, the Wild Woman. The archetype relying on the wisdom of her intuition and body first and foremost.

Once I let the Wild Woman in, the breakthroughs started showing up. The Wild Woman introduced me to my unwavering faith, the recipe to master my fear.

So... what is FEAR anyways?

In a sense, fear is the opposite of love. Fear can be experienced on mental, emotional, and physical levels. It's rarely a response to what's happening in the moment- it feeds off situations remembered from the past or imagined in the future. Fear may take on a frozen, paralyzing quality. When fear is suppressed, it can turn into false self confidence or arrogance. On the other hand fear can lead to phobias, anxieties, and what I've discovered most, an inability to risk. Risk is the ticket here- your access to freedom.

The Truth About Your Fear

There's gold hidden under your fear, and the only way to find the treasure is to find and excavate the fear itself. The gold could be your purpose, your unconditional love, your vitality, your joy, or your beauty. There's a jewel on FIRE beneath your fear, and it's telling you how powerful you are. It's time to listen.

Why We're Doing This

When you're stuck in fear, there's no way to access your creativity because the hormone, cortisol triggers your "fight or flight" response which shuts down your brain functions for problem-solving and imagination. The processes you have in this book are invitations to ease your survival responses so you can locate your inspiration and creativity.

I've designed this process to be an interactive journey between you and your fear. It's my belief that transforming your relationship to fear will support you in feeling more alive and on purpose in every area of your life. This is an opportunity to relate to your fear as an ally, rather than an enemy.

Throughout this workbook, give yourself permission to be radically honest and gentle with yourself as you expose any fear in your heart, because the other side is your unshakeable courage.

Writing from Behind the Brain:

Before I share my tools with you, it's imperative for you to give your fears space and expression. The next few writing exercises are designed for you to "write from the behind the brain" so your true fears can be expressed. Take your thinking cap off of the entrepreneur, and let your intuition guide this process like a Wild Woman. Don't worry about grammar, sounding good, or making any sense. This gives your subconscious the space to be revealed. The more vulnerable and honest you are the more more permission you'll give your fear to transform.

In your journal, reflect upon these questions:

Looking at your life as a woman entrepreneur now, what are you most afraid of and why? What's the biggest fear taking you out of the game right now?

Here are some typical responses:

- I'm afraid of raising my rates because no one will pay that much.
- I'm afraid of posting my video on facebook because my friends will think I'm stupid.
- I'm afraid of publishing my new website because I won't be loved anymore after leaving my other job.
- I'm afraid of changing my niche because it will confuse my community too much.
- I'm afraid of getting bad feedback.
- I'm afraid of marketing.
- I'm afraid of hiring a team.

Now choose the fear that brings up the MOST charge for you in your body, heart, and mind. Focus on that fear for the rest of this process.

Let's get down to business.

Tip #1: Welcome Your Fear

Fear has the biggest impact and hurts the most when you resist it, ignore it, or try to hide it. My unorthodox invitation is for you to feel it, welcome it, and wrap your loving and compassionate energy around it. Imagine your fear is a beach ball and you don't want anyone to see it at the pool so you push it below water. Not only does it take tons of energy to hide it, but when you take your attention off of it, the ball hits you in the face. Bringing honesty and awareness to your fear takes the weight off and you no longer have to resist. Welcoming the fear is an act of freedom. The best part? When you suppress an emotion, you're also suppressing its total opposite. When you ignore your fear, you actually dismiss your courage. When you feel your fear, your courage gets a friendly knock on the door to come out and play.

Take this time now to close your eyes in a comfortable place and relax into your fear. Notice the fear and where it's located in the body. When you sense into it, literally breathe into your fear. What sensations do you notice? Describe it, explore it, and be present with it. If your fear had a color, what color would it be? What shape, size, temperature or texture does it take on?



Tip #2: Understand Your Fear

This next exercise is about witnessing your fear as an observer or even a scientist. This allows you to research the root cause of the fear and where it came from in the first place. When you get to the root cause you can heal it. Think of this like an X-RAY. When you break your arm, you can't fix it until the doctor finds out where the break is. Use this process like an X-RAY of awareness back in time see where and your courage "broke" for the first time. You weren't born afraid, you were born open, enthusiastic and brave! Fear is what we learned, love. So let's go back and in time and write a new story.

For this exercise, feel into your fear once more, and going a layer deeper, find the core message of the fear. If your fear had words, what would it say?

- *Now say the message aloud. (This gives your fear a voice and releases tons of charge.)*
- *Now go back in time to the very first time this message showed up for you. Feel back into the moment where you felt this fear for the first time.*
- *How old were you? What happened? Where were you?*
- *Now go find your scared little one, offer her your love and affection. Ask her what she needs. Really listen. Tune in to her energy.*
- *Then trust your the intuition of your Wild Woman give your little girl what she needs. Is it a hug? Listening? Someone to hold her hand? Tell her she's a good girl and didn't do anything wrong.*
- *Notice what this opens up for her. Notice the relief. Keep affirming her until she really gets it.*
- *Help her develop a new message that supports her courage over her fear. Only you know what she needs.*
- *Then bring your little girl inside your body, integrating this child into a safe place where she can rest. Let her know that you'll take care of her, that she can relax and let go while you and your courage take over.*

Tip #3: Get Physical

As you've uncovered, fear doesn't only live in the mind, it manifests in physical ways inside your body. A way to counteract the fear is to get physical. Go for a run, lift weights, dance, or even (safely) punch your pillows on your bed. Sometimes you can literally shake the fears out by listening to a powerful song and letting some crazy madness out. Not only does this clear your mind of worries- but you get to empty out the draining energy of your fears. Releasing fear through physical movement creates the space for your true, passionate, and fiery nature to emerge. When you work out or dance, your body flushes out cortisol and your pituitary gland releases endorphins to activate your courage and creativity.



Tip #4: Get Creative

Express your fear through art. Give it an expression. Give it color.

One of my favorite tools for emptying and transforming fear is through the art of collaging. For every fear, I find an image associated with it, cut out the image, and glue each image fear by fear onto a piece of paper. The result is two-fold: I get a beautiful art piece, and my fears are emptied out of my mind where I literally get to witness them in a new form outside myself.

Write out all of your fears, line by line on a piece of paper. Find an image for every fear, cut them out of a magazine, and begin your collage. This is where you get to literally transform your fear into beauty and power. The magazines that I love to use are National Geographic, O. The Oprah Magazine, and magazine featuring art.



Tip #5: Create a Courageous Habit

The sure fire way to transform your fear into courage is doing one thing that scares you every single day. You want this to be achievable, so start small. What would the Wild Woman Entrepreneur do? Is it posting a vulnerable video? Is it going to a higher level yoga class than you're used to? Is it investing in a new team member? Fear brings up a lot of resistance. Resistance is the dream killer, not the fear. It's way easier to show up with courage than to resist the fear. Resistance is what leads to procrastination and overwhelm.

What 7 courageous actions can you commit to this week? What will open up for you?

1:

2:

3:

4:

5:

6:

7:

Tip #6: Love

Fear is the opposite of love. To counteract your fear I invite you to love it unconditionally.

This is an act of loving your whole self, fears included. What do you love about your fears? What are some gifts of your fears? Dig deep here, this could change your perspective forever.

Journal Assignment: Taking on a posture of gratitude, write a love note to your fear.

Dear Fear,

I love you. Thank you for coming into my life as often as you have because there is no way I would be here today if it wasn't for you. I know you did the best that you could, and your intentions were simply to protect me. Thank you, I love you, and because of you, I know in my core how to support women in transforming their relationship to fear. Thank you for showing me that you are in fact my fire, and not something to be afraid of.

Love,

Chrissy

Tip #7: Get in Reality

My favorite acronym for fear is:

False

Evidence

Appearing

Real.

When fear shows up, do a reality check on it. Notice the fear, and ask yourself this question: “Is there real evidence that can prove this fear is true?” If the answer is no, guess what? The opposite could be true too. If you’re scared that you won’t make enough money this month, I’d ask if you can tell the future. You absolutely cannot! That means there’s no real proof or evidence to prove that you won’t make enough money this month. Now your job is to turn-around your fear by finding the polar opposite thought: “I am making more than enough money this month!” Notice the difference in energy.

Inspired by [The Work](#) of Byron Katie

Tip #8: Emotional Release

Give yourself permission to feel what you're feeling and cry it out.

Did you know it only takes 90 seconds to feel through an uncomfortable emotion if you feel and express it fully? Crying is essential for the release of blocked creativity and courage and it's perfectly healthy! We're feminine beings, and like the ocean we need to surrender to our waves and currents. Long ago I wanted to be a midwife, and in my studies I learned that rapid progress in birth is often made after an emotional release. One woman was dilated at 3 cm and was told that she couldn't birth her baby without emergency measures. She had a good cry, and 20 minutes later pushed her baby out while fully dilated. Her crying caused a release which allowed her cervix to open. Am I inviting you to give birth to a baby? Nope, but your crying will open up the courage you need to birth your new program or project.



Tip #9: Have faith.

Faith trumps fear. Have faith in yourself and surrender to your higher power. Pray for a miracle. Pray to be shown the light. When you're open to a miracle, the support shows up in the strangest of places because you're open to receiving. Believe that you'll get there and surrender. Read books that inspire you, connect with friends who believe in you, and invest in programs that you trust will bring you to the next level. Your faith is a muscle. If it's weak, train it!



Tip #10: Fear is your Fire

This is a distinction, a new empowered belief for you to take on and apply in your life. If you do so, fear won't stop you again, it will ignite you into greatness. I'm sharing this belief with you because it's the number one reason behind my success as a wild woman entrepreneur.

Fear is my fire. Fear and fire are so related because both have the capacity to destroy. Like a fire destroying a forest, your fear could very well destroy your dreams. But the truth is, you have a choice. You can either let the fire of your fear light you up or burn you down. With this perspective, fear is simply an unlimited energy source of strength and power. When I notice fear come up, I let it guide me like a torch out of my comfort zone and into a new world of possibility. The invitation here is saying "Yes!" to the power of your fear by letting it lead you instead of stop you.

Imagine relating to your fear as your fire, the torch leading you out of the darkness and into the light of who you are meant to be.

- 1. Where would you go?*
- 2. What would you do?*
- 3. Who would you be?*
- 4. How would you feel?*
- 5. Who would surround you?*
- 6. What would you receive?*
- 7. Who would you serve?*

Congratulations!

You just completed some serious psychic surgery on your fears! It takes courage to look at yourself this honestly, so give yourself some love. I'm thrilled to know there's another human being on earth committed to expanding beyond her fears and into her strengths.

Remember, you have special gifts to share with the world. Your tribe needs you. You being the greatest expression of yourself allows others to heal. Keep giving yourself permission to say "Yes" to this scary entrepreneurial path, and I can't wait to see what opens up for you with your torch guiding the way.

When you move through the fires of resistance and fear, a leader will emerge from the ash.

to your emotional freedom as a wild woman entrepreneur,

- Chrissy Brady-Smith

Like what you see? Check out my new private coaching program for women entrepreneurs:
[The Wild Woman Entrepreneur](#)

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About Chrissy

Chrissy Brady-Smith believes the Wild Woman Entrepreneur will save the world through her drive, intuition, and emotional & sensual freedom. A certified life coach, speaker, and highly skilled workshop facilitator; she helps women entrepreneurs use the power of their emotions to break through their upper limits of success and happiness. She'll help you find & deliver your inspirational message so fear, shame, and worry never stop you again. She lives in San Francisco, California with her soulmate her Steve, with the hope of many future puppies and babies.

Loving Disclaimer

I am so happy to share my Wild Woman Entrepreneur tips with you, and I must share that this *Wild Woman Entrepreneur's Guide to Fear & Power* was solely created to support those interested in improving their relationship to fear. These tips do not replace working with a doctor, psychologist, therapist, counselor, or other healthcare professional. I cannot guarantee the outcome of my recommendations, as my statements are of opinion. I am a certified Celebration of Being coach and facilitator and I am passionate about sharing my knowledge of fear to improve your vitality and happiness. Therefore, following recommendations provided in my *Wild Woman Entrepreneur's Guide to Fear*, any of my products, or any of my services provided on my website, are at your own risk. I cannot guarantee any results. If you have a serious mental health concern, you should seek a doctor, healthcare professional, therapist or counselor that can attend to your personal needs.