

HELLO FEARS!

Michelle Poler

Founder, Hello Fears; Social Entrepreneur; Author

When Michelle Poler started a project to overcome her own personal fears, she didn't expect it to go viral—*100 Days Without Fear* caught the attention of the *Today Show*, *Forbes*, *CBS* and *Huffington Post* among many others. Gaining an audience captivated by her bravery, creativity, humor and life-changing advice, Poler founded Hello Fears, a social movement reaching more than 70 million people worldwide. Poler is the author of *Hello, Fears: Crush Your Comfort Zone and Become Who You're Meant to Be*.

Michelle Poler, founder of the Hello Fears movement and author of *Hello, Fears*—a book that inspires readers to lead through fear and create new potential for success. Michelle shares life and leadership lessons to challenge you to move beyond your comfort zones and into a life of embracing fear—a place where growth, achievement, and personal betterment all await.

Reflect

After listening to Michelle Poler, what resonated with you? What idea spoke to you or sparked something in you? Spend some time reflecting below:

Expose Your Comfort Zone

Michelle shares how every leader has fears that confine us to comfort zones. For her it was the fear of not being able to see well at a young age. As a team, share one fear (large or small, simple or serious) and how it contributes to your comfort zone. Write yours in the space below:

Next, to expose more of your professional comfort zone, what conditions—whether physical, emotional, psychological, or other—contribute to creating your comfort zone? (For example, fear of failure, vulnerability, risk aversion, confrontation avoidance, etc.)

Commented [MOU1]: NG: As said, in this section, clarified the movement and book difference. Also, the word leader was used a number of times, so changed second sentence to the you form.

Now, personally consider what ways that comfort zone holds you back in the role you play on your team and from the leadership opportunities that exist.

Challenge Your Comfort Zone

Poler shares the concept of the 100-Day Project and how that helped her grow in *bravery*. What is one area of growth area you'd like to see in your life over the next 100 days?

What is one action you can take *today* to kickstart that growth area?

Consider the Best

Poler talks about her 100th fear experience, flipping the question to, "What's the *best* that could happen?" If the growth area you noted above becomes true in your life, what else would become true? What's the best that could happen? Write some possibilities in the space below:

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Contrast What's Missing

Poler shares the importance of *contrasting* instead of *comparing* yourself to others. When you contrast, you can look within and identify your greatest contribution. What “one of a kind” truth about you is an opportunity you can live out?

How might this contribute to the overall success of your team or organization?

As a team, spend some time brainstorming what your “one of kind” team contribution might be to the organization as a whole?

Act

Focus on the reward that could come as you grow beyond your comfort zone. When would be the most helpful time for you to start asking the question, “What’s the best that can happen?” What ONE step of courage can you take today?