

# Frying Face the Facts Fiona

## Your Guide to Conquering Fear Disguised as Facts

**Step One: Identify your “Face the Facts Fiona.”** What are the fears disguised as “facts” that hold you back? Write them down.

My Fiona(s) <sup>1</sup> :

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<sup>1</sup> If it helps to sing “My Fiona” to the tune of “My Sharona” when you fill out this matrix then go for it!

**Step Two: Fill out the Accountability Matrix Below:**

- a. List your goal.
- b. Come up with a deadline.
- c. Find an accountability partner. Choose someone who won't let you off the hook. Tell them your goal and deadline.
- d. Set up your next meeting(s) (call, zoom, coffee<sup>2</sup>, etc.) Agree to report back on your progress. No excuses.

Goal	Deadline	Partner	Next Meeting(s)

**Take the first step today!** The sooner you take action, the less power your chicken has. Pick one small action right now to move forward.

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<sup>2</sup> I prefer to make it coffee and buy theirs. The goal is worth it!

List your steps and check them off. (And if you complete a step that you didn't have on the list go ahead and write it down and check it off!)

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# Your Big Bold Brilliant Idea™

## A Guide to Taking Action

**Step One: Identify your Big Bold Brilliant Idea** What's something you've always wanted to do but weren't sure you could?

Write it, draw it, color it, click on the pdf and type it – whatever you like!

**My Big Bold Brilliant Idea:**



**Step Two: Take the first step.** Write down one small actionable step you can take today to move closer to that dream. Then check it off. Repeat every day for a week.

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**Step Three (and Beyond): Commit to daily micro-actions toward your goal.** Check each one off. Repeat every day for a week. And then do it again!

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# Getting Out of the Comfort Zone

## Your Guide to Frying Jumpy Jimmy

**Step One: Identify your Comfort Zone** Think about an area in your life where you've been playing it safe. Write it here:

I've been playing it safe here:

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**Step Two: Challenge yourself.** Commit to taking one small step outside of that comfort zone this week

I will take the following step to get out of my comfort zone

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**Step Three: Reflect.** After taking the first step, write down how it felt and what you gained from the experience.

**What I've learned:**

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**Step Four: Repeat.** Go back to step two and repeat as often as necessary to fry Jumpy Jimmy.

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# Do Something New!

## Your Guide to Frying Comfort Zone Carl

1. **Identify one activity or experience you've never tried before.** Commit to doing it within the next week. Optional: Involve family or friends to share the experience and make it more memorable.

### My new experience!

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I will do it by this date: \_\_\_\_\_

2. **Reflect on how it made you feel.** Did it bring joy, excitement, or a sense of accomplishment?

### How I felt:

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3. Make a list of other new things you'd like to try and set dates for them.

I will try this...	... by this date	Did it!
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

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# Winning the Morning, Winning the Day

## Your Guide to Frying Chicken Little

1. **Evaluate Your Morning Routine.** What do you currently do to start your day? Are there changes you could make to infuse it with more positivity and gratitude?
  
2. **Create Your Own "ABCD".** Whether it's affirmations, exercise, coffee, or time with loved ones, find your own formula for starting the day strong.

Letters:	Routines:

3. **Affirmations:** Create your own affirmations, or borrow some of mine:

I fry hesitation before it fries my opportunities.  
I throw Doubtin' Dave into the fryer—I believe in me.  
I hatch big ideas and make them fly.  
I don't wait to be served—I fire up the fryer and make it happen.  
I wake up ready to fry!  
I deep-fry my excuses—and season my effort with hard work.  
I'm here to chew bubblegum and fry chickens... and I'm all out of bubblegum.  
I silence Jump Jimmy before he even starts squawking.

### My Affirmations!

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4. **Gratitude:** What are three things you're **grateful for** that you could focus on tomorrow morning?

I am grateful for:

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 **Bonus Content:**

If you have a ChatGPT account you can connect to The Affirmation Generator:

<https://chatgpt.com/g/g-67acf9df8950819184aa50db64be7d60-fry-your-chickens-daily-affirmations>

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# Mentors and Humor

1. Think of some mentors who have positively influenced your life.

These could be formal mentors (bosses, teachers, coaches) or informal ones (family members, friends, colleagues). What lessons from them still impact you today?

Mentor(s):	Lessons Learned:

2. Think of a time something didn't go as planned—can you laugh about it now? What happened, and what did you learn from the experience?

It didn't go as planned:

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Is it funny now? What did I learn?

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# Turning Fear into Action

1. List every fear or excuse holding you back, then counter each with a reason to move forward.

Fear:	Reason(s) to move forward:

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