



TRUST YOUR PREPARATION

How to Move Through Fear with Self-Trust

WHAT IT IS

When fear shows up right before action and you need to trust yourself enough to move anyway.

THE PROBLEM

You're waiting to feel confident before making a move.
So you hesitate, delay, and second-guess.

THE TRUTH

Confidence is not what starts movement.
Self-trust is.

EXPECT → ANCHOR → MOVE



Expect the fear.
Fear doesn't mean stop.
It means you're in a moment that matters.



Remind yourself:
You've handled hard things before.
You've figured things out before.
That's your "training."



Move anyway.
Don't wait for fear to disappear.
Act while it's still there.

THE ATHLETE MINDSET

Athletes don't eliminate fear before big moments.
They trust their preparation and go anyway.

**You don't need more time.
You need more trust in yourself.**