



NAME: \_\_\_\_\_

## INSTRUCTIONS

Look at these fears wrote on the previous page. These are the great and mighty fears that have tried to hold you back from your destiny. Tear up the sheet of paper into small pieces.

How powerful were those great and mighty fears? Did they fight back when you tried to tear them up? Did they scream and shout, telling you how mighty and awesome they were? How much power did these fears have over you? Your fears had ***no power!***

Ah, but you're saying, "That was just words on paper. Of course they had no power." Your fears never had any power over you, except what you willingly gave them. By putting them on paper, you were bringing them into the light where you could see these fears as they really are: powerless! You were able to destroy these fears effortlessly.

And you know the best part? You destroyed your fears through your writing. You, as a book author, have a great deal of power. Proverbs 18:21 says, "Death and life are in the power of the tongue." I'm going to change that slightly, if you'll allow me, to say, "Death and life are in the power of the pen." Your words contain life or death, whether they're spoken by the tongue or committed to paper by keyboard or pen. In this case, you wrote down your fears and committed them to death by destroying them. You have the power of life and death in your pen. Please be careful with it!