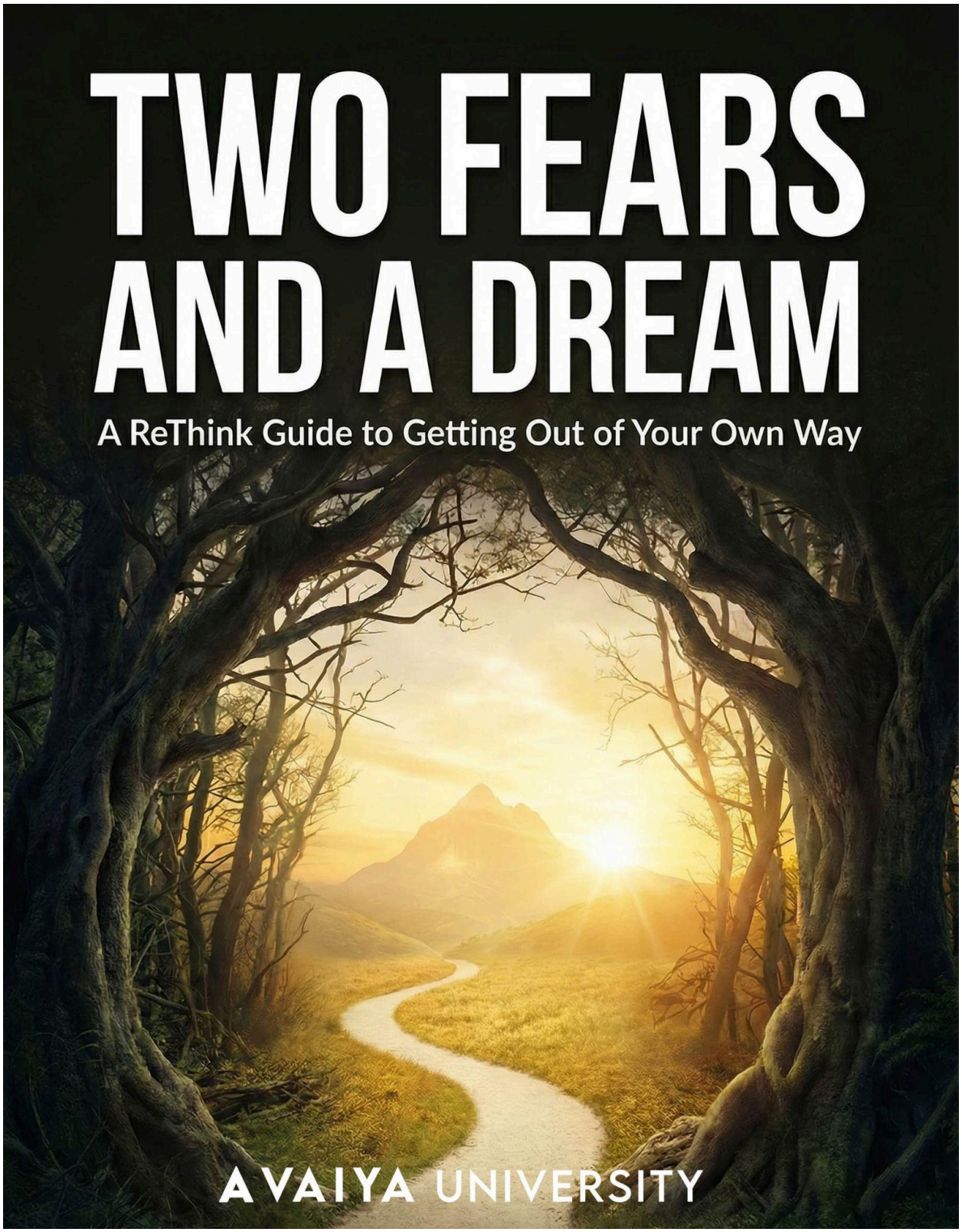
TWO FEARS AND A DREAM

A ReThink Guide to Getting Out of Your Own Way



AVAIYA UNIVERSITY

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Introduction: The Library of Your Mind

Imagine your mind's a vast, sprawling library. It's packed with millions of books—collections of every experience, lesson, rejection, and triumph you've ever had since you were a kid.

Every time you face a new situation, you unconsciously walk to the shelves, pull out a book, and read a page to figure out what to do.

But here's the problem: **Many of the books on your shelves are outdated.**

You're trying to navigate your adult life using "encyclopedias" written when you were six years old. You're referencing stories about who you *used to be* instead of who you *are now*. These old stories aren't necessarily facts; they're just narratives you've memorized.

Welcome to **ReThink**.

This isn't about burning down the library or pretending the scary books don't exist. **ReThink** is a practical way to pull a book off the shelf, check the copyright date, and decide if the story's actually true—or if it's time to write a new one.

In this guide, we're going to look at the two most common "fiction" books that hold people back, and then we'll clear the shelf for the one true story that matters: Your Dream.

Let's turn the page.

Fear #1: The "I’m Not Enough" Story

The Plot: *"I’m not smart enough. I’m not talented enough. I’m a fraud, and sooner or later, everyone’s going to read the reviews and realize I don't belong here."*

This is a classic "Tragedy" we tell ourselves. It tells you that your success is just luck, and your failures are permanent. It highlights every typo in your history and ignores every bestseller you've written.

The ReThink Exercise: The Fact-Check

When you feel like you aren't "enough," you’re reading a biography of yourself written by your harshest critic. It’s time to play the role of a Historian and check the sources.

1. The Old Story (Write down the thought):

> *Example: "I can't apply for that promotion because I'm not smart enough."*
>
> Your Story:
>
> _____

2. The Source (What feelings are making you believe this?):

> Is this based on hard data, or just a feeling you've got in your gut?
>
> Your Feelings:
>
> _____

3. The True History (What are the hard facts that prove you ARE capable?):

List 3 things you've achieved, learned, or survived in the past that prove you've got skills.

1. _____
2. _____
3. _____

4. The ReThink (Rewrite the narrative using the evidence):

Old Story: "I'm not smart enough."

New ReThink: "I don't know everything yet, but history shows I'm a fast learner and I've handled challenges before. I'm capable of writing this next chapter."

Fear #2: The "I'm All Alone" Story

The Plot: *"Nobody cares. If I try this and fail, people will laugh. If I succeed, they'll resent me. I'm the only character in this book."*

This is a "Dystopian" novel. It isolates you. It convinces you that the world's a cold place and that you've got to face every dragon by yourself. It assumes you know what other people are thinking (and you always assume they're thinking the worst).

The ReThink Exercise: The Friend Filter

We're often terrible editors of our own lives. We say things to ourselves that we'd never say to another human being. This exercise forces you to view your story through the eyes of someone who actually likes you.

1. The Old Story (Write down the fear):

Example: "If I launch my podcast, nobody will listen and everyone will think I'm weird."

Your Story:

_____

2. The Reality Check (Is this Non-Fiction?):

Do you have actual proof that people are currently thinking this? Or are you writing fiction and calling it fact?

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3. The Editor's Note:

Imagine your best friend came to you with this exact fear. They look you in the eyes and say, *"I want to try this, but I'm afraid everyone's going to hate me."*

What would you tell them? (Write it down).

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4. The ReThink (Apply that advice to yourself):

Old Story: "I'm alone and people will judge me."

New ReThink: "I can't control what everyone thinks, but I know my friends support me. I'd tell a friend to be brave, so I'll tell myself the same thing."

The Dream: The Unbound Chapter

Now that we've run a **ReThink** on the fears, we've cleared some shelf space. The dust has settled. So, what's the new book you've been dying to write?

We usually bury our dreams under our fears. We say, *"I'd love to write a book, BUT I'm not good enough,"* or *"I'd love to travel, BUT who'd go with me?"*

The Exercise: If the "Not Enough" story and the "All Alone" story were permanently archived and guaranteed never to happen, what would you start doing tomorrow?

Write the title of your new Dream in one bold sentence:

The Synthesis: Tying It All Together

Here's the secret about "Two Fears and a Dream."

You don't have these fears because you're broken. You have these fears because **you care.**

If your Dream didn't matter to you, you wouldn't worry about being "good enough" to achieve it. The scarier the story feels, the more important the next chapter usually is.

Fear isn't a stop sign. It's a bookmark. It marks the place where the story's about to get interesting.

Your ReThink Mantra

Whenever you find yourself pulling those old dusty books off the shelf, use this formula to reset:

> **"I'm feeling fear right now because this Dream matters to me.**
>
> **The fear's just an old story, not a current fact.**
>
> **I've got the tools to ReThink the narrative.**
>
> **I'm turning the page."**

And as always, we want to remind you that we're all on this "AVAIYA Journey" together.

We're all life explorers here, but—we aren't always moving at the same speed. And you know what? That's completely okay.

At AVAIYA, we believe we're all on our own individual "AVAIYA Journey," yet we're traveling side-by-side.

You're gonna love the days when you're piloting a rocket ship, breaking barriers, and flying high. But there're also going to be days where you feel like a car stuck in traffic.

You might even have days where you break down on the side of the road and just need to sit there for a while, feeling a little frustrated or sad. And hey, that's okay, too. Whenever you're finally ready, you just lace up your sneakers and walk the path—one step at a time—back toward your best life.

We'll Meet You Where You Are.

At **AVAIYA**, we don't care if you're speeding down the highway or taking the scenic route. We just want to make sure you have exactly what you need to keep moving.

Think of us as your roadside support and your launchpad all rolled into one:

When you're walking, we're the bridge to get you over the gap.

When you're driving, we're the premium fuel to keep your engine running.

And when you're finally ready to fly? We're the runway.

How We Support You

Every single week, we send out supportive resources designed to meet you at the moment.

Keep an eye out for our free **Tuesday Tune-ups** and our **Thrifty Thursdays.**

Take advantage of the resources that'll support you right now, and if one week doesn't speak to you, don't worry—next week will most likely have just what you need.

Plus, we'll continue to create our Deep-Dive Free Online Conferences and other supportive materials to keep your tank full.

No matter where you're trying to get to—or how long it takes you to get there—we're building new pathways to help you arrive.

Warmly,

iKE ALLEN & Ande Anderson, MS, RD

Co-Founders of **AVAIYA** University

