

This month's video explored two emotions that can hold people back: fear and guilt. This toolkit is here to help you work with those emotions. Let's get started!

■ Part 1: Understanding Your Fear and Guilt Patterns

Fear often wants to keep you safe. Guilt often points to an old rule you think you've broken. Before using the tools, take a few minutes to notice how these emotions usually show up for you.

Fear tends to show up for me when:

When fear appears, I usually:

A change I may be resisting because it feels unfamiliar:

One thing fear may be trying to protect me from:

■ My Guilt Pattern

Guilt tends to show up for me around:

The phrase my inner critic often uses is:

The old rule I may be measuring myself against is:

A kinder rule I would like to practice now is:

Use this when you feel nervous, resistant, exposed, judged, or unsure. It only takes around 30 seconds.

Release Tension, Set Intention

1. Place both feet on the floor and let your shoulders soften.
2. Breathe in slowly through your nose.
3. Breathe out through your mouth and quietly say: Release.
4. Let your jaw, chest, stomach and shoulders loosen as much as they can.
5. Breathe in again and say to yourself: My intention is...
6. Finish the sentence with the state you want to move towards.

You might choose:

- My intention is to stay calm.
- My intention is to be kind to myself.
- My intention is to take the next small step.
- My intention is to trust myself for the next few minutes.
- My intention is to keep going.

■ My Guilt Pattern

Complete this sentence and use it throughout the month.

When fear shows up, my intention is to:

■ After the Reset

What changed in my body after I released tension?

What small action feels possible now?



Part 3: The Guilt Reframe

Guilt becomes much less powerful when you slow it down and listen for the message underneath it.

Use this process whenever you catch a harsh phrase.

Step 1: Catch the phrase

Write down the exact words your inner critic used.

The guilt phrase was:

Step 2: Speak to yourself as you would speak to someone you love

Now rewrite the phrase with warmth, honesty and compassion.

A kinder version is:

Step 3: Find the Learning

Ask: "What can I learn from this without punishing myself?"

The learning is:

Step 4: Choose one action

Keep this small and doable.

The next kind action I will take is:

Reframe Examples

| Guilt Phrase | Compassionate Reframe |
|-------------------------------|---|
| I've blown it | One choice does not define me. I'm learning. |
| I always do this | This is a familiar pattern, and I can interrupt it now. |
| I can't stick to anything | I'm practising consistency in small moments |
| I'm weak | I'm human, and I'm improving |
| I should be further on by now | My pace still counts. I'm building something lasting |

My Reframe Practice

Write the phrase you most need this month:

Old phrase:

New phrase:

Where I will put this reminder so I see it often:

Part 4: Seven-Day Practice Tracker

| Day | I used the Fear Reset when... | The guilt phrase I noticed | My compassionate reframe | One small action I took |
|-----|-------------------------------|----------------------------|--------------------------|-------------------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |

End-of-Week Reflection

The emotion I noticed most often was:

The kindest reframe I gave myself was:

A moment when I acted with courage, even in a small way:

Something I now understand about myself:

The next brave step I'm ready to practise is:

Part 5: A Deeper Reflection for This Month

Choose one prompt and write for a few minutes.

Where has fear been keeping me in my comfort zone?

What would I say yes to if I trusted myself a little more?

Which guilt phrase am I ready to stop believing?

What evidence do I already have that I can change?

If you want to, share one reframe in Slimpod Club this week.

You could post:

This week I noticed my inner critic saying:

“ ”

I'm practising saying: “ ” instead.

When you share a shift, you may help someone else recognise that they can soften their own self-talk too.

Fear and guilt can feel convincing, especially when they've been part of your story for a long time. Yet every time you pause, breathe, reframe and choose a kinder next step, you are teaching your brain a new way forward. That is confidence in real life. Keep practising. Keep noticing. Keep choosing the next step.

You're already doing brilliantly.