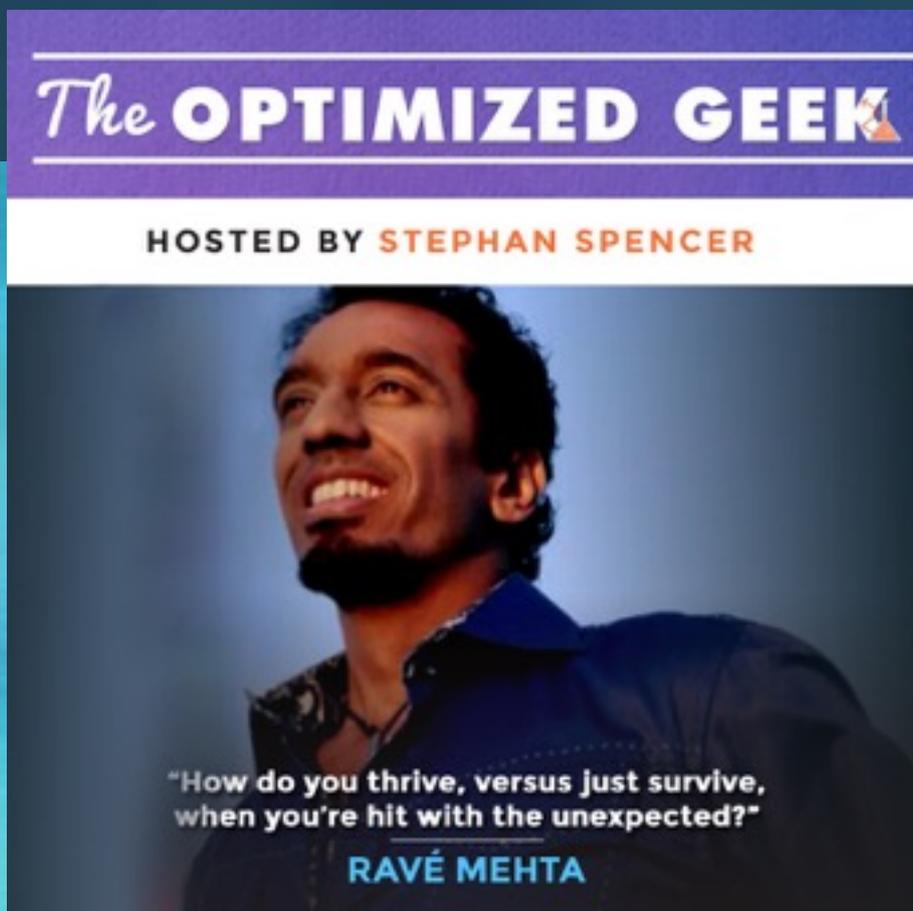


# Knocking Down the Three Pillars of Fear

## 10 Point Checklist

## Ravé Mehta

Want to gain as much knowledge as possible out of The Optimized Geek?  
Read on below for a **10 point checklist** that gives the next, real steps you  
can take for introducing these insights and optimizing your life.



# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Next time you feel a negative emotion, take a step back and trace it to its roots in fear. Understanding where it comes from will help you overcome it.
- Practice knocking down the first pillar of fear -- timing -- by focusing on being present in the current moment rather than succumbing to the question of “what if?”
- Examine the strongest attachments in your life and categorize them into rigid attachments or orbital attachments. Shift your perspective to release the stress of rigid attachments.
- Change your perceptual lens from expectations to preferences, and avoid being fixed on a specific outcome. This knocks down the third pillar of fear.
- Practice putting yourself into experiences that tend to cause you fear. By controlling when you have the experience, you can prepare, and thus build your trust muscle.
- Work on figuring out where your own judgments are coming from. These are usually reflected back to you from others, so work on resolving them in yourself.
- If you have an ongoing fear, change your perspective and choose to move toward it. This puts you in a position to be able to confront it rather than avoid it.
- Next time you or a loved one has a fear or negative reaction, gently probe the issue using “why” questions until you find the root of the fear.
- Work toward increasing your baseline flow state. Fear blocks reaching this state, so as you move away from fear, you’ll increase your trust (and therefore your flow).
- Pay attention to when you’re feeling good, and when you’re not. In both cases, take some time to try to figure out why you’re in the state you’re in.