



EPISODE THIRTY-SEVEN

The Cost of Fear

With **Tabatha Coffey**

Fear has a price. Often that price includes limiting our capacity for showing up authentically, living our dreams, and being the best versions of ourselves. This week's guest, Tabatha Coffey, believes that paying attention to the fear in our lives can unlock our ability to live a joy-filled, passionate life. Join us this week as we chat with the author, speaker, coach, and Bravo TV star about the cost of fear, embracing our authentic selves, and learning to live less in our heads and more in our hearts.



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THEMES & INSIGHTS

1. Too many people in the world spend too much time in their heads, where inner demons and doubts reside. By flipping the script and living more in our hearts, we can clear the noise and redirect our brains towards a bolder approach to life.
2. If we choose to question the source and embrace fear as a teacher, we get closer to unlocking our true potential.
3. A person may have all the motivation, technical talent, and skill in the world, but without a mindset of self-belief, success may always be out of reach.

COMBUSTION QUOTES

- ▶ "I look at fear as a barometer. Fear is just an emotion like any other emotion. So, when you look at it as such and realize it's just an emotion, it also allows you to realize you have some control over it."
- ▶ "It really does come down to mindset. Even if we're amazing technically at what we do, even if we have all this great training, even if we have the motivation and the skillset, if we can't turn that switch in our brain to change that mindset and believe in ourselves.... we may not have the success that we deserve and we should have."
- ▶ "We live inside our heads too much.... If we lived inside our hearts more and actually listened to our hearts more, it would help redirect our brain maybe a little quicker and a little easier for the people that are having a hard time."

CALL TO ACTION

"Follow your heart, lean into what lights you up and brings you joy, lean into what scares you a little bit. If it's really scary and it's a big dream, that's great. Lean into that and have the courage to move forward."

RESOURCES

[Video: TEDxStLouisWomen](#)

[Book: Own It!: Be the Boss of Your Life](#)