

YOU'RE NOT MEANT TO SPEND YOUR DAYS
FULL OF STRESS, OVERWHELM, AND INDECISION.

Each moment is limited, fleeting, precious. Let's not waste another one.

let's live each moment, in love with life.



THE **3** PILLARS OF FEARLESS LIVING



FEARLESS LIVING
ACADEMY



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WHY DOES CREATING MEANINGFUL CHANGE IN OUR LIVES FEEL LIKE SUCH A BATTLE?

We start with great intentions. Then, more often than not, our intentions flounder and falter. The harder the venture, the more readily and quickly our intentions collapse.

Then we repeat this cycle:

We start with good intentions, then we flounder and falter, over and over again, until we feel hopeless to change anything and start to nourish a deep sense of inadequacy.

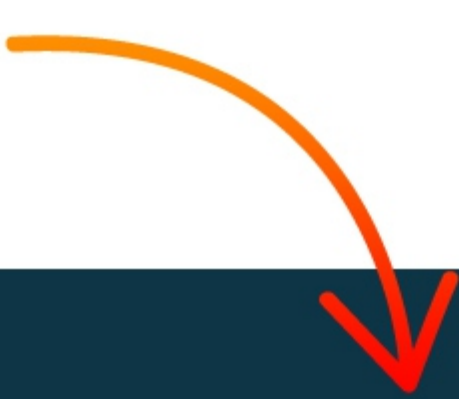

Many of us have things we'd like to change: our exercise and diet habits, procrastination and productivity habits, patience and mindfulness habits, quitting bad habits, decluttering and finances, reading and learning and doing all the things we want to do in life.

But very often we fall short of our hopes.

What's the problem? Why do we struggle with these changes?

There are lots of reasons, some of them external ... but the main reason it's difficult to stick to these changes is actually internal.

The Result?



Distractions, running away when things feel hard, self-criticism, harshness, and stories about “not being able to do this” slowly eat away at our capacity to hold a higher vision for ourselves.

Nobody feels good taking these actions, but it's a natural reaction to one simple truth.

What is that truth?



WE GET IN OUR OWN WAY BY TRYING TO GET AWAY FROM FEELINGS OF UNCERTAINTY.

How do we do this?

You might find yourself caught up in distractions, consumption, busywork and old habits ...

Or perhaps feeling like you are caught in a “groundhog day” loop where nothing quite excites you anymore, and you wish you could ignite your fullest expression and purpose for why you are here on this planet.

Or maybe you know what you are being called forward to create in the world, and yet you lack the focus and discipline to create the impact you desire ... it all feels just out of reach.

In all three cases, there's a **“future you”** just waiting to answer the call of fearless living where you'll courageously move through uncertainty, shift your habits, deepen your purpose, and create the impact you long to have in the world.

W E L C O M E T O

FEARLESS LIVING

A person wearing a colorful patterned jacket and jeans stands on a dark, jagged rock. Their arms are raised in a 'V' shape, and they are looking upwards. The background is a deep blue with a textured, water-like pattern.

We are all facing the challenges of immense chaos in our lives — from global crises to national strife to overwhelm in our day-to-day lives. This chaos has always been present for us ... but it has increased in intensity, so that we can no longer pretend to ignore it.

This chaos feels like uncertainty, doubt, avoidance, procrastination, stress, anxiety, frustration. The fabric of our lives is chaos, and we usually don't like it. We all have some trained responses to this chaos that create even more difficulty — procrastination leads to even more overwhelm, frustration leads to acting in less-than-ideal ways, anxiety leads to burnout.

DOES ANY OF THIS SOUND FAMILIAR?

The challenge of chaos can also be the opportunity to get good at dealing with chaos.

That's the possibility we see for you in this training — if you can identify the key areas to focus on in your own life, you can learn to get good at dealing with the chaos that this area calls forward.. You can learn to take the chaos in stride, and even embrace it!

Then you can start to create the meaningful life that you've always wanted.

This is the Path of Fearless Living, the life we see for you.

THE MISSION

Every day, we deal with doubts, with feeling overwhelmed, with frustration and anger, with loneliness and disconnection, with stress and anxiety, with discomfort and change. In times of trouble, we deal with the uncertainty of death, massive change, illness, loss of jobs, collapsing finances and growing debt, incredible fears, shifting economy and turbulent politics.

It's enough to make us want to give up, or run to our comforts.

But this seeking of comforts and exits, hiding from fears, lashing out at others in frustration ... It only makes things worse. It's throwing gasoline on the fire, then hoping it helps the situation.

SO I'M ON A MISSION.

My team and I are here to help people shift how they deal with this massive and daily uncertainty, so that they can do meaningful work in the world.

Doing meaningful work means that we're going to face tons of uncertainty — self-doubt, fears of failure, not knowing what we're doing, being overwhelmed by too much to do, wanting to procrastinate and run to distractions, and dealing with a constantly shifting landscape.

But instead of running from these uncertainties, we can train ourselves to embrace the uncertainty, so that we can do the purposeful work we want to do to change the world.

Imagine doing your meaningful work while embracing the uncertainty, opening up to it with relaxation, gratitude, even joy.

This has the power to change everything. All of a sudden, your meaningful work doesn't shut you down, but instead, is something you jump into headfirst. The uncertainty is no longer able to crush you with fear and stress, but is instead something you work with skillfully and mindfully.

You are able to **use** your newfound skills to help you serve the people you care about.

You are able to be completely and wholeheartedly devoted to the people you serve. You lean into the uncertainty **for these people you care deeply about**, out of love for them.

That's my mission. If I can help you train in living fearlessly, it would be a huge honor.

Will you join me?

with gratitude,

Leo



Meet **LEO** BABAUTA

Leo Babauta is a simplicity blogger, author, and coach. He created Zen Habits, a Top 25 blog with a million readers. He's also a best-selling author, a husband, father of six children, and a vegan. In 2010 moved from Guam to California, where he leads a simple life.

He's the creator of the **Fearless Living Academy**, where he helps his students commit to practice in the 3 core pillars of the path so they may step fully into their life and create a well-lived life of meaning.

He's also a Zen practitioner on a mission to help the world open through uncertainty training.



“Leo offers a practical, no-nonsense way of approaching habit change — both how to form new beneficial habits and also how to shift old habit-patterns that are no longer helpful.”

“It's also an approach that shifts mindset towards life in general, towards being open and curious instead of rigid, judgmental, and critical.

Leo is all about leaning into what we tend to avoid, so we're not constricted by fear, doubt, or shame and can dive more fully into what we're most passionate about.”

Joshua Goldberg

“Zen Habits gave a voice to many of my inner concerns while I was a new mother. ”

“It came when I needed it the most, to help me evolve and overcome the anxiety and frustration I was feeling. It seems becoming a mother awakened many fears, and triggered my lifelong subtle anxiety until the point it became bold. Zen Habits gave me a mind space, a silence space and forced me to do this inner work. It was easy to feel inspired in Leo's words.”



Cristina Migotto



“I have found my own being, my own power. I have become mindful of how I approach anything in life.”

“The inner voice in my head is compassionate and filled with empathy (for self) and for others. I am so grateful to Leo Babuta for all that he does. Thank you. Your impact reaches far!”

Aisha Memon



P I L L A R

1

FEARLESS HABITS

If your life feels chaotic and out of control, you will struggle to focus, do anything with purpose, or create a meaningful impact in the world, because you'll likely experience overwhelm and feel lost at sea.

What I've found in working with thousands of people is that you can't even contemplate finding a purpose or making a meaningful impact on the world if your life feels overwhelming and chaotic. It's hard to find focus when we're feeling lost at sea.

If this is where you're at, you need to start with creating a little order to your life.

Create a feeling of having at least a little bit of solid ground under your feet, a foundation of good habits and a feeling that your life is being taken care of.

This is a training with the uncertainty of our lives — work, health, finances, clutter and more.

Once you have a solid foundation of habits, you start to feel like you have the capacity to take on the uncertainty that often accompanies creating more purpose and impact. You can take on life's challenges in a positive way.

I'll give you a few examples you might be able to relate to:

- If your sleep and exercise aren't in a good place, you'll have a hard time focusing on work tasks or taking on challenges in your life.
- If your finances are out of control, you will feel stress that will affect your relationships and work.
- If you feel overwhelmed with tasks, clutter and errands/chores, you will have a hard time taking on new learning projects. A feeling of being out of control in one or more areas of your life will make everything else much harder.

(watch this short video)

You'll learn how to assess whether this is the pillar you should focus on improving, and 3 steps for getting started taking on the challenges of habits.



WATCH NOW

EXERCISE

Take 10 minutes to answer the assessment questions I asked you in the video —

- What is your ability to focus on a hard task right now? (rate 1-10)
- How much order do you feel in your life right now? Do you have any morning or evening or work routines? (rate 1-10)
- Do you have regular exercise, eating that feels 70% healthy or better, sleep at a minimally decent level, a way of dealing with all of your stress? (rate 1-10)
- Do you have a regular todo list system, calendar system, and a way to stay on top of emails and messages? (rate 1-10)
- Is your life fairly clear of clutter? Are your finances in a good order? (rate 1-10)

Total your score - did you get 25 or less? Did you get a 1, 2 or 3 in any of the categories? If so, focus on improving habits.

If not, then commend yourself for already being in a pretty good spot with this. I might recommend moving on to purpose and Impact, as this may be where it makes sense to focus. (refer back to the guide)

SMALL STEPS

If improving habits is the place you should focus ... this week, start to take the three action steps I outlined in the video above. Commit yourself to these actions, because they will be the start to getting your life under control, so that you can start to live fearlessly.

P I L L A R



FEARLESS PURPOSE



Once you have been working on habits for a little while, the natural result is that you'll want to start taking on bigger goals in your life. Self-improvement is meaningful at first, but eventually the excitement begins to wear off, and you may find that you don't feel quite as motivated to continue improving yourself..

The most powerful thing you can do at this point is find some kind of purpose work. Something where you're feeling a sense of meaning and contribution to the lives of others. This is the feeling you've probably gotten if you've ever rolled up your sleeves and helped out in your community, with your loved ones, or on a team. It's being a part of something bigger than your self-concern.

It's incredibly meaningful.

When you have work with a purpose — even if it's serving your loved ones or volunteering for something you care about — it shifts how you feel about your life. You feel motivated, you feel like a valuable contributor to the lives of others, and you feel energized to take on uncertainty and fear because it feels like it matters. Everything becomes more focused and purposeful.

Let's take a few examples:

- ▶ Many students of my habit change program will work with strong motivation to change habits like exercise, waking early, managing their finances, and meditating ... but then lose their excitement for changing habits after a year or so. It becomes less and less meaningful for them as it has less of an impact after a while.
- ▶ When a client is overwhelmed by the huge mess of their projects, emails, messages, work tasks like writing a report and tackling finances ... they're motivated to focus on getting things in order ... but after that initial clean up period, focusing on productivity systems usually becomes much less interesting.
- ▶ Lots of people will focus on healthy habits like exercise, healthy eating, sleep and meditation, when they feel it's a problem area ... but once it's gotten to a basic level, it's no longer a big problem and working on health habits becomes less of a focus. Same thing with working on finances — it's only a good area to focus on while it's draining your focus and energy.
- ▶ I've seen people who have their lives in decent order, but don't have the motivation to jump out of bed and get started with their work routine — this is usually from a lack of purpose in their lives. Once they find a purpose, they're much more energized to get going in their day.

NEXT ACTION

(watch this short video)

You'll learn how to assess whether this is the pillar you should focus on, and how finding purpose can change your life.



WATCH NOW

EXERCISE

Take 10 minutes to do the assessment questions I asked you in the video —

- How would you rate the clarity you have about your purpose in life, how meaningful do you find your work? (Rate 1-10, with 10 being a very high amount of clarity of purpose and meaning in your work)
- How much do you feel you're contributing to the lives of others? (Rate 1-10, with 10 being a very high feeling of contribution)
- How motivated do you feel to take on your purposeful work each day? (Rate 1-10, with 10 being a huge amount of motivation)

Total your score - did you get 20 or less? Did you get less than 6 in any of the categories? If so, focus on getting clarity on your purpose.

If not, then be proud of yourself for already being in a pretty good spot with this. and consider moving on to Impact.

SMALL STEPS

This week, take the actions I mention in the video above. By taking action, you'll start to move closer and closer to something that feels purposeful in your life.

P I L L A R



FEARLESS IMPACT



Once you find work that feels purposeful, there's a good chance you'll get stuck and have a hard time taking action on the tasks that fill you with the most uncertainty. You're likely to find yourself procrastinating and avoiding, getting stuck in perfectionism or rationalizing. What I often see in the people I work with is that they start to worry about whether they'll be able to do these uncertain tasks, and then get overwhelmed by not knowing exactly what to do and how to do it. And so they fail to make an impact, because they're not taking action.

It's easy to judge yourself for this. But what I've found is that everyone struggles with this. It's hard stuff!

Having a purpose is wonderful, but your purpose doesn't get fully expressed until you've taken action and actually made an impact. Making an impact with your meaningful work is where you'll create true value and find true fulfillment.

Let's look at some real-world examples:

- ▶ A client of mine had an idea for an app that he'd been wanting to create for years ... but he kept putting it off because of self-doubt and feeling busy ... which left him feeling guilty and judging himself for not taking action. This is a pretty common example — instead of an app, it's often a book or website or business.
- ▶ A lot of people I work with actually take action, but then avoid making it public because of fear of being judged. They write up the blog but don't tell anyone about it, because they worry no one will find it valuable. This uncertainty stops them from launching, and from actually adding real value to the world.
- ▶ I've worked with people who wanted to be a coach or teacher of some kind ... but worried about whether they were capable of doing it, and doubted whether they'd be any good. The uncertainty and fear is that they'd charge money for the service, but the clients or students would feel ripped off. By not actually taking action, they were reinforcing their belief in their lack of worth, and that continued to be reinforced until they confronted that fear and uncertainty and actually took action.

NEXT ACTION

(watch this short video)

You'll learn how to assess whether this is the pillar you should focus on improving, and some powerful ways of getting good at taking action in the face of uncertainty.



WATCH NOW

EXERCISE

Take 10 minutes to do the assessment questions I asked you in the video —

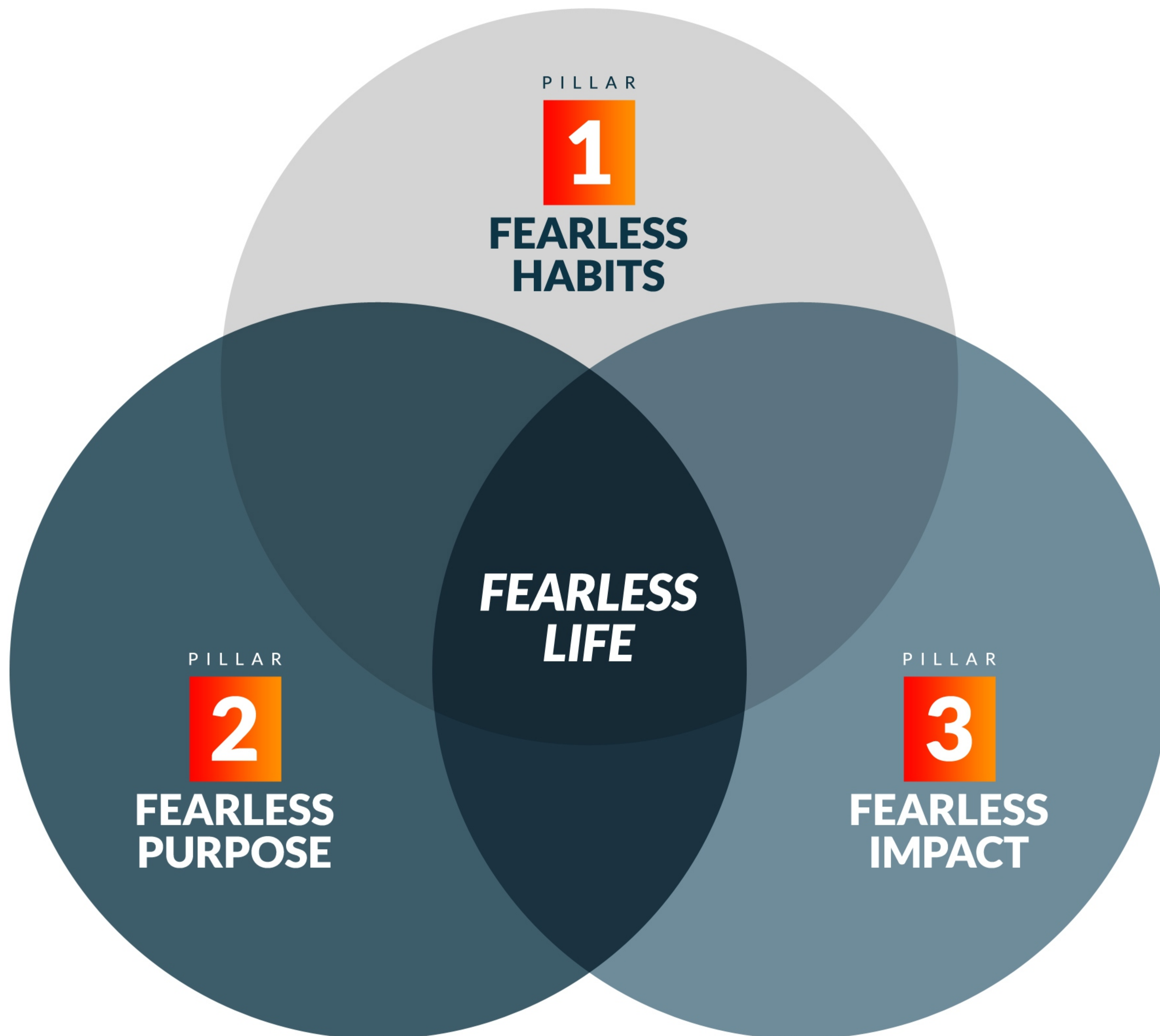
- Do you have something that feels purposeful that you've been avoiding? (Rate 1-10, with 10 being a strong Yes)
- Do you struggle with procrastination, self-doubt or perfectionism with your meaningful project(s)? (Rate 1-10, with 10 being a very strong struggle with these challenges)
- Is there more you'd like to be doing with your meaningful work that you've been struggling to do? (Rate 1-10, with 10 if you strongly agree that there's more you'd like to be doing)

Total your score - did you get 18 or more? If so, focus on creating a greater impact.

SMALL STEPS

This week, take the actions I outline in the video to start training with the uncertainty of your hard tasks. This will create a new mental habit of turning towards uncertainty and discomfort, and unlock your greatest impact!

TOOLS FOR WORKING WITH **THE THREE PILLARS**



When coaching clients hear that we recommend they pick one pillar to focus on, they have a hope that they'll "fix" one of the three areas of their lives, then they're done with it! They hope to "fix" one area at a time, and be altogether finished.

I've found that it doesn't work that way — this is a lifelong practice of learning and diving deeper and deeper into each area, depending on what you're facing in your life.

So you might start with foundational habits, and move on to Purpose ... but at some point, Purpose is feeling pretty good but your finances and relationships could use some work. So you go back to foundational habits and work on that, then work on taking on your meaningful work (Impact).

But after a few years of that work, it might not feel as meaningful anymore — so you might go back to Purpose. As you grow and evolve, the pillar we need to work on will change.

You can work on all 3 pillars at any time.

You don't have to do them sequentially — you might think of them as something to build up when one of them gets low.

No matter which pillar you choose to work on, it's important to have some key tools that will help with the journey.

1

MINDFULNESS

Without awareness, we won't be able to notice what's going on. So we use mindfulness as a tool to bring awareness to what's standing in our way, and what comes up for us when we face that obstacle.

2

UNCERTAINTY TRAINING

Also called Fearlessness: Everything we'll be facing in our meaningful lives will have uncertainty, which is a requirement for something meaningful. Our foundation has to start with a willingness to turn towards the uncertainty and to fearlessly become present with our fear. Then all the rest becomes possible.

3

APPRECIATION / WONDER

We can start to appreciate every day, every activity, every moment. With this kind of mindfulness practice, everything becomes more meaningful, and we find a reason to stick with the training, rather than just doing it because we think we should. This can also be seen as an ability to find moments of transcendence.

4

HELPING & CONNECTING WITH OTHERS

We're building a life that has deep connection with other people, and a life of service to others. This is deeply meaningful.

In closing, I want to leave you with my sincere wish that you saw something in these three pillars that resonated with you, that reflected what you've been facing, and that gave you some clarity. My hope is that you will take that clarity and do something with it, and start taking small actions to create your meaningful life. Today.

I'M INCREDIBLY HONORED AND EXCITED TO
INVITE YOU INTO MY TRAINING

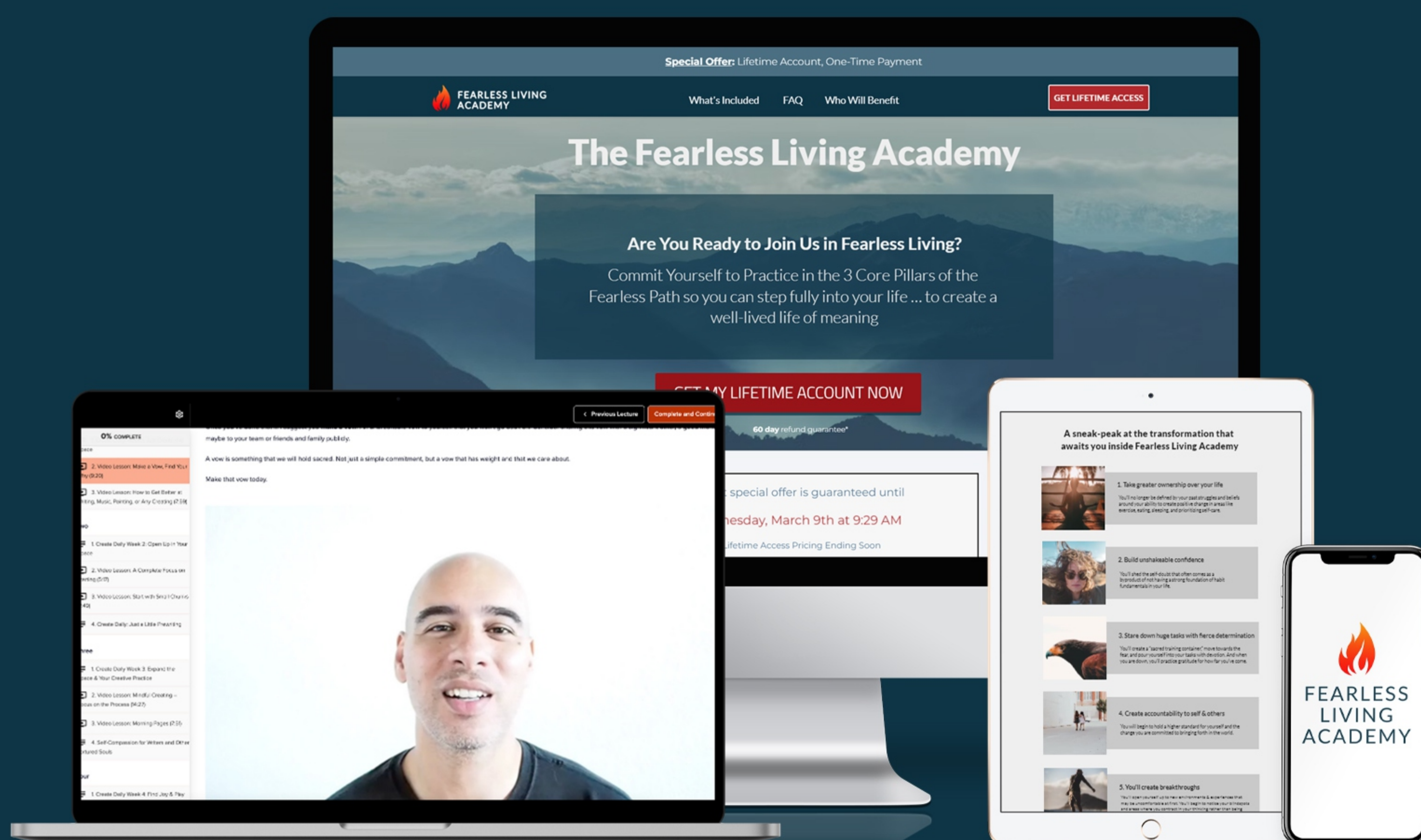


FEARLESS LIVING ACADEMY

It will be the structure and the path that you've been waiting for.

ARE YOU READY TO JOIN US IN FEARLESS LIVING?

Commit Yourself to Practice in the 3 Core Pillars of the Fearless Path so you can step fully into your life ... to create a well-lived life of meaning



A SNEAK-PEAK

AT THE TRANSFORMATION THAT AWAITS YOU INSIDE FEARLESS LIVING ACADEMY



1

TAKE GREATER OWNERSHIP OVER YOUR LIFE

You'll no longer be defined by your past struggles and beliefs around your ability to create positive change in areas like exercise, eating, sleeping, and prioritizing self-care.

BUILD UNSHAKEABLE CONFIDENCE

You'll shed the self-doubt that often comes as a byproduct of not having a strong foundation of habit fundamentals in your life.

2





3

STARE DOWN HUGE TASKS WITH FIERCE DETERMINATION

You'll create a "sacred training container," move towards the fear, and pour yourself into your tasks with devotion. And when you are down, you'll practice gratitude for how far you've come.

CREATE ACCOUNTABILITY TO SELF & OTHERS

You will begin to hold a higher standard for yourself and the change you are committed to bringing forth in the world.

4



5

YOU'LL CREATE BREAKTHROUGHS

You'll open yourself up to new environments & experiences that may be uncomfortable at first. You'll begin to notice your blindspots and areas where you contract in your thinking rather than being expansive, and begin moving towards the resistance joyfully!



YOU'LL APPROACH YOUR DAYS DELIBERATELY

You'll learn to apply thoughtfulness with heightened specificity when it comes to your purpose — not because you read somewhere that it's important ... but because you deserve it. And the world will benefit greatly from experiencing the gift of you coming alive.

6



7

YOU'LL TAKE CARE OF YOURSELF AND EXPERIENCE HIGHER LEVELS OF WELL-BEING

You'll begin nourishing yourself physically and mentally, while simplifying your life to transform the overwhelm into something powerful ... and doing all these things from a place of ease.



GET STARTED TODAY