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Annalisa Munoz Funk: Moving Through Fear to Enchantment

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Table Question

What were you once afraid of that you aren't anymore? What are you afraid of now?

Journal Prompt

What is something worth doing that scares you?

Action Step

Listen to the podcast featuring Liz Gilbert that Annalisa referenced and then write yourself two letters: one from fear and then one from enchantment.

Further reading

- [Listen to Elizabeth Gilbert](#) on the Rachel Hollis podcast
- Follow Annalisa on Instagram: [@amunozfunk](#)