



*The*  
**LIVE  
INDIE**  
*mini guidebook*

5 WAYS TO RELEASE FEAR OF  
THE UNKNOWN WHEN TAKING  
THE ROAD LESS TRAVELED

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# TAKING THE ROAD LESS TRAVELED

It's scary, isn't it? Taking the road less traveled. What does that mean exactly though? The road less traveled is the path through life that differs from the vast majority. It's the path that strays from the road your peers or parents took. It's not necessarily the "safe route" and it's certainly not the path of least resistance.

It's the path you feel called to. The path you've probably felt called to for quite some time now.

You get excited just thinking about it and all that's out there to see and do. You're ready to expand and experience something unlike anything before. This is the time in your life to make your dreams a reality. This is it.

And that fear creeping in? It's natural. Moving outside of your comfort zone is going to be scary but you're here reading this because something deep inside is telling you to work through the fear and allow it to strengthen you during this new chapter of your life.

So, without further ado, let's tackle that fear.





01:

ACCEPT  
THE  
CHALLENGE



**"I LEARNED  
THAT  
COURAGE  
WAS NOT THE  
ABSENCE OF  
FEAR, BUT  
THE TRIUMPH  
OVER IT."**

**- NELSON MANDELA**

# 01:

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## ACCEPT THE CHALLENGE

As you step out into this new journey of yours, go forth with the understanding that this probably will not be a walk in the park. Oh, no. This might be treacherous. A road full of hills, detours, and probably a dead end or two. You will be tested, tried, and challenged.

## ACCEPT THE CHALLENGE

The challenge is what grows you.

Strengthens you.

Pushes you.

And transforms you.

It is what separates you from the ordinary, the usual, the average.

And it is what proves to you, your story, and your future that you braved the storm.

You did not turn around, bypass it, or go around it.

You went straight through it. Tenaciously.

You accepted the challenge firmly, with wide eyes and your head held high, looking onward.

You are ready. You know that it's not going to be easy and you say, *"To hell with easy. Give me something difficult, challenging, life-altering."*

Accept the fear, feel it, and then move past it.

The truth is, once you get to the top of the mountain and look out at how far you've climbed or once you get to the final leg of your journey and look back at all the miles you've traveled - you'll take a deep breath, knowing it was all more than worth it.

But for now, as you embark upon this journey, know and trust that the hard times truly do make you stronger.

And remember, there's a difference between looking at your fear and believing it.





02:

PAY NO  
MIND TO  
WHAT  
OTHERS  
MAY THINK



**"THE BEST DAY OF YOUR LIFE IS THE ONE ON WHICH YOU DECIDE YOUR LIFE IS YOUR OWN. NO APOLOGIES OR EXCUSES. NO ONE TO LEAN ON, RELY ON, OR BLAME. THE GIFT IS YOURS - IT IS AN AMAZING JOURNEY - AND YOU ALONE ARE RESPONSIBLE FOR THE QUALITY OF IT. THIS IS THE DAY YOUR LIFE REALLY BEGINS."**

**- BOB MOAWAD**

# 02:

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## **PAY NO MIND TO WHAT OTHERS MAY THINK**

In the sessions I've had with clients who were struggling with living the life they wanted, there was one common fear that was holding them back more than anything else.

### **The fear of what other people think.**

Whether it was their parents, or friends, or significant other, the opinion of others had the strongest hold on keeping them from going after their dreams.

In order to live in alignment with your life path, you must learn - right now - how to separate what you want from what others want for you.

Remember that this is **your path**.

You are the only one who can walk it. You are the only one who will.

Now is the time to really dig deep and accept this call. The call to embark on the road less traveled and to consciously step forward into your truth.

Your talents and gifts are there for you to embrace, develop, and use to make a difference in this world.

So, take your power back and accept the call to step into the light. Bask in how right it feels to be traveling along the road less traveled. To be conquering your dreams and growing along the way.

Years from now, so many people will look back wondering, 'What if?' -- Wishing they had gone after their wildest dreams. Don't be one of those people. Be different.

Remember, the only person you need support from is yourself. This is about creating the life you want to live. Do not let the fear and insecurities of others hold you back from where you want to go.

Your life. Your plans.

There's a quote I always refer back to whenever I need the reminder that this is my journey:

***"Sometimes people around you won't understand your journey. They don't need to. It's not for them."***





03:

LOOK FOR  
THE  
LESSON



**"YOU DON'T  
LEARN TO WALK  
BY FOLLOWING  
RULES. YOU  
LEARN BY DOING  
AND BY FALLING  
OVER."**

- RICHARD BRANSON

# 03:

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## LOOK FOR THE LESSON

*What is this teaching me?*

*What do I need to learn from this?*

*What can I do differently next time?*

*How am I growing through this?*

These are the questions to ask yourself while you're taking the road less traveled. When you get lonely, discouraged, tight for money, rejected, or off course, these questions will be your compass.

They will re-direct you, build your spirits, and remind you that this is all part of the bigger lesson of your great journey.

To take it a step further, in addition to looking for the lesson, look for a new perspective.

If you knew for a fact that everything would work out, how would that change the way you feel? Shift your mindset.



Remember that life is not happening *to* you, it is happening *for* you. All people, experiences, and road blocks are being put into your life to help you grow. Everything is teaching you, growing you, expanding you.

So, instead of pointing your finger the other way and allowing yourself to become a victim, take your power back and ask the Universe to help you see the lesson in this.

Accept the fear, feel it, and then move past it.

This is a lesson in life. How many times are you going to allow fear to paralyze you? How many times are you going to find the lesson that will lead you through the fear? It's your choice. Again, shift your perspective.



04:

TRUST  
THE  
PROCESS



**"WE CANNOT  
BECOME WHAT  
WE WANT TO BE  
BY REMAINING  
WHAT WE ARE."**

- MAX DEPREE



How ever you refer to your own connection with a Higher Power (The Universe, God, Source, etc.) establishing a solid spiritual foundation will keep you deeply rooted whenever life shakes you up.

When you're on the road less traveled, any combination of the following has probably come up for you:

*"I hope I made the right choice."  
"What the hell am I doing?"  
"When will this get easier?"*

You will experience some loneliness, some confusion, some moments of panic, and some extreme self-doubt. There is nothing easy about going after your dreams 100%. So, trust the process. Trust that this will all be worthwhile.

The Universe has your back. You are supported in your journey, so long as you stay true to yourself and your calling. Continue to show up everyday. Step into your truth, walk in authenticity and you will be guided.

Whenever things get tough and you're about ready to give up, turn back to number one and remind yourself that the challenge is what strengthens you. Trust that when it gets tough, you are being guided. You don't need to worry about the "what ifs." Instead, sit back and enjoy the journey. Congratulate yourself for being on this path -- on the way to your dreams.

Walk with intention, clarity, focus. The Universe will conspire to help you in your Highest Purpose.

There will be times when you won't have all the answers or know which direction to turn. This is where the importance of surrender comes in.

### **Surrender the outcome.**

Trust that the Universe has your back. Write down your wishes and intentions. Feel what it would feel like to already be living your dream. And then release the outcome. Ask the Universe for help, guidance, or signs and then hand it over.

Make it a priority to connect with Source every single day. Meditate. Write. Pray. Go for a walk in nature. Light some incense and take a bath. Go for a run or have your own little dance party.



When we connect, we tune in to another frequency.

We get out of our head and instead tap into the divine and beautiful energy of the Universe.


That's when the magic starts to happen. The miracles, the synchronicities. The doors start to open and life becomes better than we ever could have imagined when we are spiritually grounded.

Release your need for control and instead, allow. Allow the Universe to show you the way.



05:

JUMP AND  
GROW YOUR  
WINGS ON THE  
WAY DOWN  
(JUST GO)





**"WE HAVE TO  
CONTINUALLY BE  
JUMPING OFF  
CLIFFS AND  
DEVELOPING OUR  
WINGS ON THE  
WAY DOWN.**

**- KURT VONNEGUT**

# 05:

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## JUMP AND GROW YOUR WINGS ON THE WAY DOWN

Chances are, if you're reading this, you've felt called to embark upon a new journey in your life. Maybe you felt the call years ago or maybe you just woke up this morning and felt it.

Either way, **the timing will never be perfect.**

The sooner you accept that, the sooner you will be free.

I've learned that the best experiences in my life, the most fulfilling, happened when I simply listened to my intuition. No over-thinking, no doubting. Just trusting in my gut when I heard the call.

**The hardest part is starting.**

Yet, that is how you gain courage, perseverance, and experience. By doing.

Once you take the first step, once you make the jump, trusting in the process, you will grow your wings. And it is with those wings that you will, without a doubt, learn how to fly.



And once you do take that leap and you see that not only did you survive, but you learned, grew, and flourished - you will believe in yourself enough to do it again and again and again.

You will have a newfound trust in yourself, knowing that you are limitless. Say it now:

***"I am limitless."***

***"I have the power and the courage and the wisdom to go and do that which I've always dreamt of doing."***

Go on now.

Spread your wings and fly.

# SO, WHAT HAPPENS NEXT?

Now, it's up to you.

Are you ready to break through your fears and start your journey along the road less traveled?

## **Here's an exercise:**

Take out a piece of paper and a pen or open up a new document on your computer. Write down every single fear that comes up when you think about your dreams.

Then, starting with the first fear and working your way down the list, read each one out loud while adding "I release my fear of..." at the beginning.

*For example: Fear #1: Not feeling ready.*

*So, I would say, "I release my fear of not feeling ready."*

Go down the list, crossing each item off as you go.

Once you get to the end, rip up that piece of paper or drag your document to the Trash icon.

Continue this process as often as you need to. It's therapeutic to see your fears written down and then saying an affirmation to release the fear.

Remember: Accept the fear, feel it, and then move past it.

**Your will to accomplish your dreams is stronger than your fear.**

Onward.



# ABOUT THE AUTHOR



Life coach + gypsy soul + enthusiast for cross country moves, I have learned the value in taking the road less traveled and living in alignment with one's Truth.

As an intuitive life coach and spiritual mentor for independent women, I help prepare others to make their moves and transitions in life the most fulfilling and transformational experiences yet.

Much love,  
Chelsea Dinien

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