

Overcome Your Fear of Public Speaking

NOTICE YOUR FEAR

Notice and **acknowledge** that you're feeling fearful, anxious, or restless.

STEP
01

STEP
02

NOTICE YOUR THOUGHTS

Are you thinking about yourself? How you might fail or embarrass yourself?

SHIFT YOUR FOCUS

Shift your focus off of you and onto your **commitment** to add **value** to your audience.

STEP
03

STEP
04

REPEAT AS NEEDED

Repeat these steps whenever you feel anxious (even if it's a few seconds after the last time.)

Develop this skill by repeating it whenever you need it. Like a muscle, it will get stronger, and you will be able to instantly overcome your fear.

P A M T E R R Y