

CONQUERING FEAR BRINGS FREEDOM

Fear keeps our lives small.

To have the life you want, you must conquer fear!

If you only had a year to live, would you change anything? Would you keep working at the same job? Spend time with the same people? Keep waiting till your idea/project/course/lesson was perfect before launching the next phase of our life? Are there places you've always hoped to visit?

Marie Currie said, "Nothing in life is to be feared. It is only to be understood."

Figure out exactly what you're afraid of. Is it being lonely? Going broke? Being criticized? Before you can toss fear out, you have to know what you're afraid of. Recognize it.

We work with people from all walks of life, disciplines and cultures and recognize that amongst the worst sorrows in life are not its losses and misfortunes, but its fears!

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Get smart... Talk to those who have gone before you.

A business trainer client has a valuable product in terms of building better businesses through building more effective workplace teams, BUT is frustrated ... waiting for the self to be perfect!

The product is fantastic, BUT it is veiled, hidden out of sight! It should be 'out there' being used, adding value to people's lives and businesses, fear has held the product back Our friend was waiting to get the self and the presentation perfect and in the meanwhile it is secreted, dust gathering! What do you have hidden in your closet!

Fear keeps our lives small! Michael Pritchard said, "Fear is that little darkroom where negatives are developed."

Change your Focus, Change Your Future!

What if **fear** were just a four letter word! Think about that!

The way to master a new task is to do it. You may not be perfect the first time, but you'll get better. If you are scared to make the big leap, start small. Do whatever you feel a little nervous about, call someone you've always admired and ask them to lunch! Just do something scary once a week and you will discover freedom, freedom from fear.

If you need a little 'kick-in-the-pants' consider this; you'll never get a good relationship by staying in a bad one. In business you're not likely to build new accounts or grow your business if you don't meet new people. You won't discover new oceans unless you let go the mooring ropes to where you are now! Your world is as big as you make it.

Alleviate misery and mediocrity; it's time to build your army. You need supporters - good friends, mentors, people who have been there, people who will cheer you on.

In the business of speaking, when a speaker takes a stand, the spines of others are strengthened. Never shrink from the possibility of being a role model. Live a life that inspires others - if fear were only a four letter word, not an emotion, just a word, what could you do?

Conquering fear brings freedom. Acceptance brings happiness. Self mastery brings fulfillment!

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