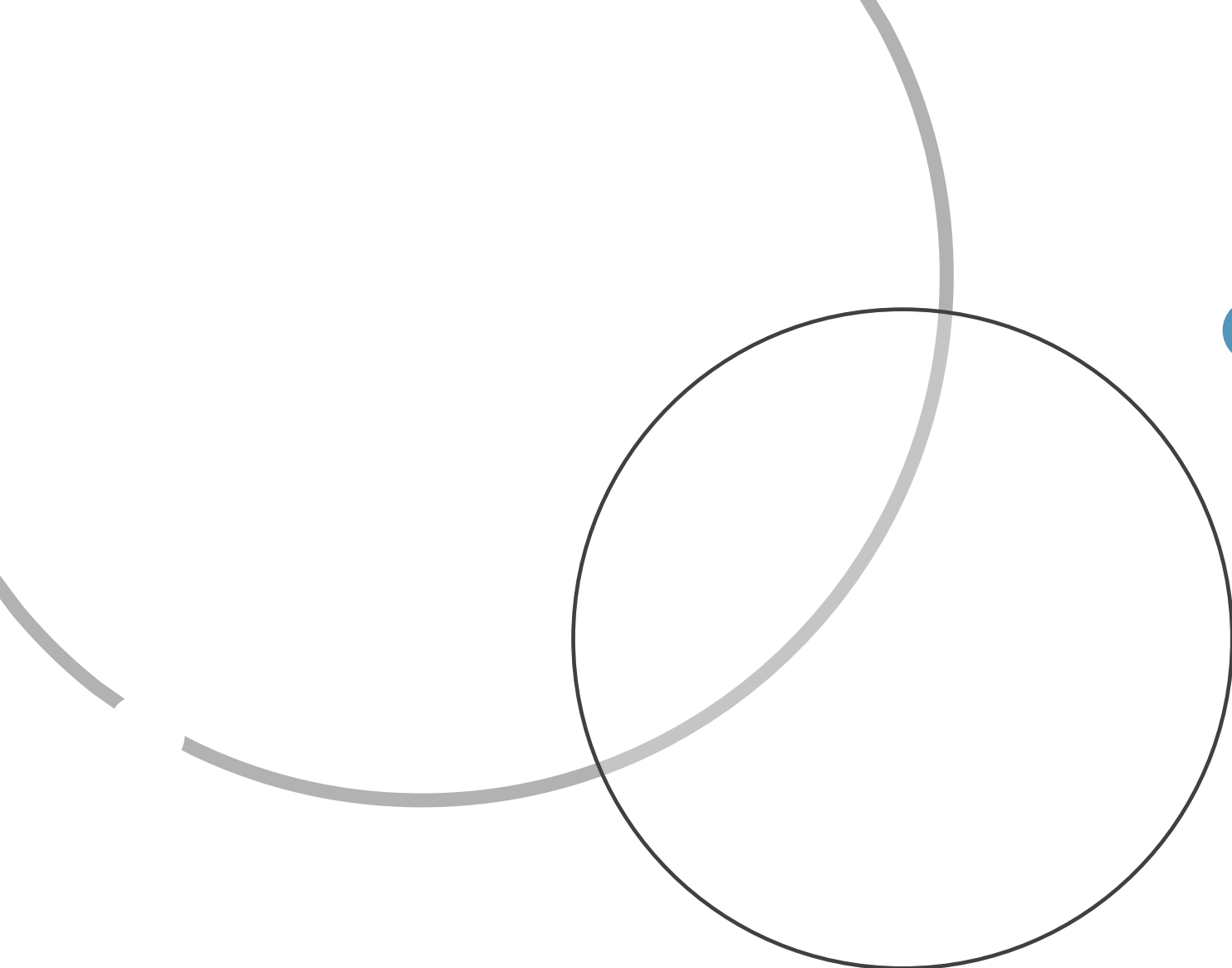




How to be
Successful:

Overcoming Fear



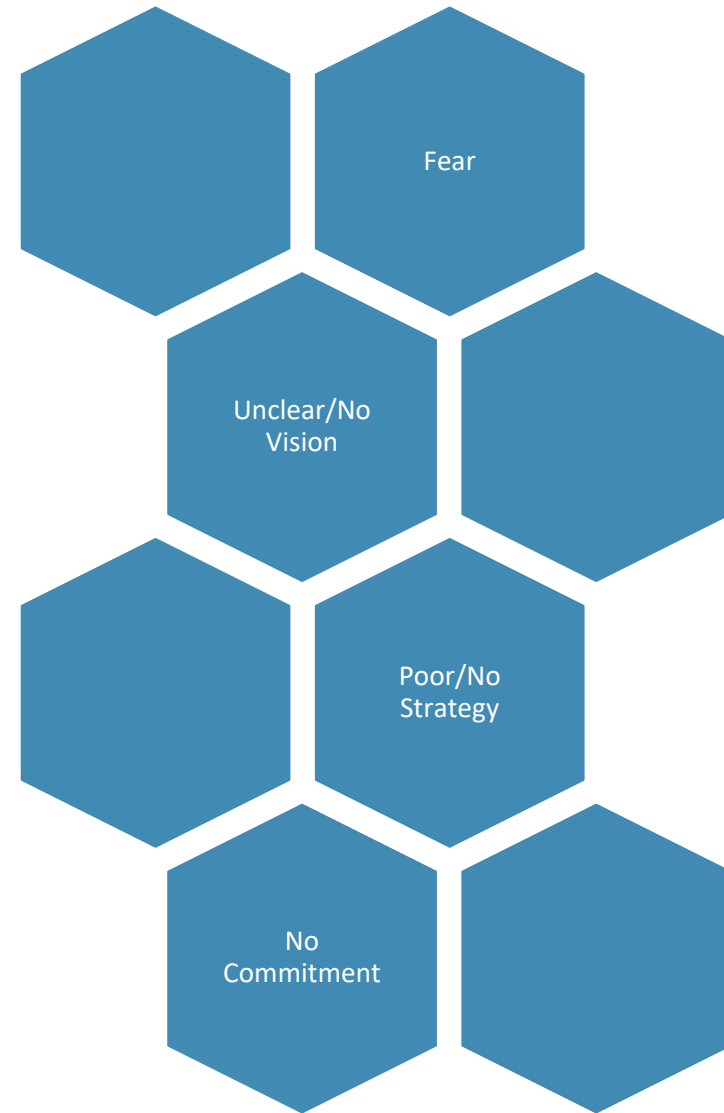


● “Success is not measured by what you accomplish, but by the opposition you have encountered, and the courage with which you have maintained the struggle against overwhelming odds.”

Orison Swett Marden



Roadblocks to Success





Fear is the most subtle and
destructive of all human
diseases.

Dr. Smally Blanten



Fear shows you what it is
that you believe in.



“Fear is not just an
emotion...it is a mindset.”

Pepz



Living and operating from fear is a mindset enveloped by limiting beliefs that fosters lack of desirable results, internally and externally.

Pepz



Success and failure cannot exist in the same space, because they are biproducts of two separate cycles. You can operate from the cycle of faith or from the cycle of fear...but you cannot operate from both.



Casualties of Fear

Confidence

Commitment

Progress

Goals

Relationships

Health

Money

Joy



—

We are always
believing in
something...the
question is
what?



How does fear, aka a lack
of proper belief, show up
in your life?



What are you afraid of?



What are you believing in?



The image features five incandescent light bulbs arranged in a horizontal line against a blue gradient background. The fourth bulb from the left is illuminated, casting a bright glow and a soft shadow on the surface below it. The other four bulbs are unlit. The text 'Moving with Fear' is centered over the bulbs.

Moving with Fear

Faith and fear both demand that you believe in something you cannot see. You choose.

Bob Proctor



The Four A's to Move with Fear

- Acknowledge
- Accept
- Assess
- Act



Acknowledgement



That fear is present



That you are experiencing fear



That you created your fear-based response





Acceptance

Accept what is and what is not, including yourself. (i.e. emotions, situation, possible outcomes)

Acceptance is the most important step for you to be able to choose how and where you want to move.



Assess



What is your vision (focus)?

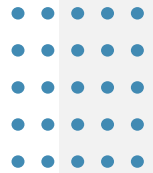


Why is that vision important to you?



What is the alternative positive outcome to the fear-based outcome that can imagine?





Act (ion)

- Act as if... you were bold, as if the dream was realized, as if you were the next level you.
- Solidify your commitment to your dreams, goals, and yourself through action.



Journal Prompts

- Is who you are now the person you wanted to become?
- What are the benefits you gain from operating the way you do?
- What are the costs you incur from operating the way you do?
- Is the way you have been the majority of your life, the way you would feel happy and fulfilled should you never change?
- Going back to the Vision question (assess) how and what is different about you now and you in the future?





Affirmations for Change

- I release all resistance and allow positive change to occur
- Everything is working out for my highest good (Louis Hay)
- I am constantly attracting only great things, people, and moments
- The universe is rearranging itself in my favor (Anne-Marie Duchene)
- I am pleasantly surprised
- I am blessed more than I know
- I deserve, expect, and receive the best





Forget everything and run
or
Face everything and rise

