

Success: Moving Past Fear

There are times when simply thinking positively won't move you past your fear and anxiety. There are times when simply plodding it out is the thing you must do.

The Evangelical speaker Joyce Meyer says, "If you're afraid to do it, just DO IT AFRAID." No one will blame you for being fearful—what you will be blamed for is letting that fear immobilize you. So no matter what it takes, keep moving.

Fear is much like a quagmire—it slurps at our feet and if we stand still long enough, it begins to suck us down. It's hard to get out of, but it is possible.

If you're stuck in fear as you shoot for success, there are several ways out:

- First, consider the source. Where did the fear come from? Have you been dwelling on the difficulties instead of the opportunities? Have you been listening to those who are cynics and pessimists, instead of coaching yourself with positive words and people? If so, MOVE ON. GET AWAY from people and situations that drag you down.
- Second, take your checklist and note what you HAVE accomplished. Look at your list of goals and the baby steps you're taking to get there, and on a separate sheet of paper (or a separate document in your computer), begin to list everything you have accomplished. This will begin to empower you to move on and leave the fear behind.
- Third, take stock of your talents and skills. Fear often tells us that we "don't have what it takes..." Show fear as the liar it is: list your skills, all your positive attributes. Then look at the problem again, after you have a new appreciation for your God-given talents and abilities.
- Fourth, don't underestimate the power of prayer. Regardless of your spiritual beliefs, there is an amazing power that comes from releasing your fear to a God Who loves you and is looking out for you. Don't bottle the fear up—let it go. You don't need it anyhow!

- Finally, remember this acronym when facing fear:

F= False
E= Evidence
A=Appearing
R=Real

For that's really what fear is—it is an unrealistic look (false look) at something and attempting to make you believe it (appearing to be real).

Once you know these things, you'll be able to move past your fear and on to the next step you need to be successful!

Warmly,

C. Ramon James

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