

5 WAYS **DOM** DANGERS OF THE MIND to **ELIMINATE FEAR**

IDENTIFY YOUR FEAR!



In order to understand how to truly overcome a personal hindrance in your life, you must identify and acknowledge the problem. Let's start by understanding that Fear also stands for F.alse E.vidence A.ppearing R.eal and everything you want is on the other side of Fear. Millions of people in this world never live out their dreams and true passion because of Fear. Is this person you? Well, the good thing is as your reading this, you are identifying FEAR. This way you can know the feeling of FEAR everytime it creeps up on you.

TRY NEW THINGS FREQUENTLY...

Fear can have a major hold on you and allow you to be ok with staying in your comfort zone. So what I need you to do is try new things often. This can be as simple as shopping at a new store, or going to the town hall meeting by yourself. This will slowly start breaking off the anxiety of trying new things and should break up your routine. If you implement trying a new thing every day or even 3 times a week, imagine how much fear can be broken off your life.



STAY COMFORTABLE WITH CHANGE

Now that you know that trying things often can help break fear, the next steps that's going to automatically come to you is staying comfortable with change. If you continue to try new things, it will be very easy for you to stay comfortable with change. Do everything possible to avoid relying too much on routines. Routines are good, but can hinder you from stepping outside of your comfort zone. Take different paths home from school or work, get dressed in the morning in a different order, or do your homework or work in a different order each day. This will help you stay comfortable with change.



PERFECT YOUR GIFTS



In this new season of your life as you are breaking Fear off, it's important that you focus on what you love to do. What are your gifts? What are your passions? What do you want to do with your life? Whatever that may be, this is the time that you identify those gifts and start reading and building knowledge in a certain industry. Just think about preparing for a role in a play, you must rehearse and practice in order to feel confident in your role. This is the same thing, in order to break fear for good, you must perfect your gifts.

Which brings us to the last tip...



BE BOLD, BE CONFIDENT!

The biggest struggle with fear is that you might not be as confident in yourself as you should be. By perfecting your gifts you build a level of confidence that no one can take away from you. You begin to surround yourself with the things that truly interest you and the people who can help you move forward in your gifts. This is the ultimate way to conquer your fears is with confidence. Look your fears in the eyes and be bold in knowing that nothing can stop you from walking in your fullest purpose!

Make sure you just don't read this information, but you apply these tools to your everyday life!
I cant wait for you to collide into your destiny...

I'M EXCITED about your FUTURE!

For more information on Fear:

Shop with us to find the resources that will help you succeed in this season of your life!

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