

# HOW TO WIN OVER YOUR FEARS

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## **HOW TO WIN OVER YOUR FEARS**

If you really want to do something  
you will always find a way.  
But if you don't want to do it,  
you will find excuses.

The easiest way to combat fear is by not using excuses. Instead, you need to look for positive approaches to accomplish your goal. If you want to start a business, attend a meeting at the Better Business Bureau. Read some national magazines like "Income Opportunities" or "Spare Time." Start reading the business section of your newspaper. Gather some ideas and do a little reading before actually jumping into a business. Surely you can find some spare time to read.

Also, begin associating yourself with people who are in their own business already. If you're afraid to go out and make new friends, attend local business-related seminars in your community. Start watching television shows that are related to business. You'll eventually find people to associate with who know others and you'll be the part of a new crowd - the motivating ones!

FEAR is always your enemy. Look at it this way: If you never try, FEAR wins by 100%. However, if you do try, FEAR only has a chance of winning by 50%. If you needed a place to live and only had \$10 to your name would you allow FEAR to win and make you homeless? No, most of us would find a job or borrow the money to have a roof over our heads! FEAR is the root of failure, depression and lifelong problems. Are you going to let FEAR ruin your life?

FEAR also will cause you to lose out on many other things in life. If you FEAR the boss at work is going to fire you \_ it will naturally be on your mind day in and day out. It will eventually wear you down and you will begin making mistakes on the job. You will also get depressed and build up resentments that may have never been there in the first place. Facing FEAR head on is the best way to combat it. If you think the boss is going to fire you \_ go up and ask him. It takes guts, but isn't it better than putting yourself through many months of agonizing torture? Are you full of so much FEAR to even ask him because you think it will trigger him to say "yes" when he might not have been considering it at all? Believe me \_ asking a boss "if" they are thinking about firing you will put you in no different position than you are now. In fact \_ it will have the opposite effect. The boss will more than likely respect you for your candidness and ability to face FEAR head-on.

Is FEAR holding you back from a lot of things? Are you afraid to confront

people and tell them how you really feel? Do you smile in their face and talk about them behind their back? What's so hard about being truthful but using tact? Doesn't it get rid of FEAR and solve many problems?

Complaining is also an act that emotionally drains you and goes hand-in-hand with FEAR. In fact, FEAR is normally the root of any complaint.

People don't want to admit their FEAR so they will complain to release some tension. This is a crazy merry-go-round! Instead of complaining, try to find ways to solve the problem.