

How to Overcome Fear

- 1. Years of living with fear taught you not to take any risks.**
 - a. Yet the biggest risk is taking no risk at all.
 - b. Not only that, but your mind reflects your world.
 - c. Your fears become your reality.
 - d. You fear the loss.
 - e. You fear the process.
 - f. You fear the outcome.
 - g. You always ask yourself: "What if that terrible thing happens?"
 - h. This tricks your mind into thinking you can't change.
- 2. Focus more on the gains not the losses.**
 - a. The more you focus and obsess about your fears, the more your body denies change.
 - b. Your body is driven to avoid pain.
 - c. Stop suffering in your own mind.
- 3. Ask yourself: Why have I not been progressing in life? What's holding me back?**
 - a. You know the answer to improving your life already.
 - b. Why aren't you doing it?
 - c. Because somewhere in your subconscious you fear the loss, the process, or the outcome.
- 4. Visualize the good and powerful things in life.**
 - a. Once you understand your fears you will deal with them better.
 - b. Part of life is to see your challenges as a game.
 - c. Fear exists to help you grow, not to destroy you.
- 5. Sit with your fears.**
 - a. Give yourself space to reflect.
 - b. Figure out the root cause.
 - c. Accept that you'll fail.
 - d. Start meditating.
 - e. You are asking why?
 - f. Because you will gain clarity in all different areas of life.
 - g. You won't understand yourself on the surface.
 - h. You have to dig deeper.
- 6. Clarity isn't something we have.**
 - a. Clarity is created.