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The Thrill Ride Called Life– Facing Fear with Strength and Courage

By Beth A. Tabak

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The Thrill Ride Called "Life"
Facing Fear with Strength and Courage

"And the day came when the risk it took to remain tight inside the bud was more painful than the risk it took to blossom." Anais Nin

Recently I have been talking with many people who are struggling financially, facing major changes and life decisions, and are feeling down, somewhat desperate, and in a state of disarray. Yet I noticed some of these same people getting excited about the thrill that Halloween brings. Hmmmm... fascinating. What is it about the thrill of Halloween that can be so appealing, while fear in life can be dreadfully paralyzing?

It seems to come down to fear of the unknown and insecurity. We can have fun trick–or–treating, going to a scary movie, haunted house, or Halloween party. The anticipation of not knowing what will happen is exciting, and we feel confident that we will be back in our warm, snugly beds when all is said and done. Life challenges are different though. When will I get a job? What if I run out of money? Will I get more customers? Will the economy get better or worse? There is no deadline as to when we will have the answers. So many "what ifs". What if you stayed in the present, and worked on cleaning things up, raising your standards, creating a stronger personal foundation, and took new and different actions? In most cases, we can look back and see how we became stronger and wiser during such challenging times. What are you learning from this situation? Often these are pivotal moments that place our lives on the right track again. So get rid of the "what ifs" and embrace the present know matter how disheveled it may be.

Fear is the anticipation of danger, a defense mechanism that alerts you to a possible future event. It helps us to set boundaries to protect ourselves in the presence of danger. Analyze the message that fear is sending you. Are you in danger? What are you really afraid of? If you feel you are in danger of losing your security, then take action to build it back up again. You have choices! Start looking in places you haven't looked before. Step beyond your comfort zone. Take new actions to create new

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results. If you lost a loved one through divorce or death, then start building new relationships one small step at a time. If you can not find a job, then make a change in your job search. Change the action to change the result. Change can be a sign of growth, so stop fearing it and get excited. Stop suffering and start strengthening.

What if you are not in danger and it is just your active inner critic holding you back from the one thing you keep thinking about? The title of Susan Jeffers book says it all "Feel the Fear and Do It Anyway." Take time to watch kids. I have seen some of the most uncoordinated kids end up as good athletes. The more you do something the better you get. Kids prove it over and over again while learning to walk, talk, read, write, ride bike, climb, speak in front of others, draw, dance, study, play sports, etc. Consider that at birth we were given every human trait to access when we choose. Don't just choose one of these traits and make that your identity. Practice being more courageous and you will become

more courageous. Yes, it is a good idea to orient your life around your strengths. However, you know that thing you really want to try but for whatever reason you keep talking yourself out of it? Try it out with low expectations. Just do it for the experience of doing it. It is a thrill when you step outside the box and do something new. The first 30 minute talk a gave was a huge step for me. I went with the attitude that I wanted to finish, touch one person, and have it be a learning experience, and I did. What a high! Did I wow the audience? No. Did I learn, gain experience, gain contacts, get a new client, and receive comments and notes of support? Yes. Start with small steps. Let me know how it turns out.

Do not allow fear to paralyze and control you. Be your own biggest supporter. Embrace the thrills that life has to offer... Starting Now!

Taking Action:

Live in the present, learn, and gain strength.

Analyze the message fear is sending you. Are you in danger? What are you really afraid of?

Take action. Look at all of your choices.

New actions lead to new results.

Step beyond your comfort zone.

Be your own greatest supporter.

Have a Happy Halloween!

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Beth Tabak is a Business & Life Coach, columnist, & owner of Starting Now. She is 100% committed to coaching small business owners and professionals to grow beyond limits, and create the business and life they keep thinking about. Set your goals, pick up a task list, take a class, discover a new resource all complimentary at <http://www.startingnowcoaching.com> .

Three guiding principles of courage (and it's development)

By Tracy Brinkmann

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I have come under the personal belief that everyone is a leader to someone. Whether that someone be an employee (or thousands of employees), your spouse, a child or at the simplest level, oneself - you are a leader. As a leader you have the responsibility to develop a level of courage first within your self, then to instill that level of courage in those that look to you for your leadership. It is key to note here that you must first achieve a level of courage within yourself before you even attempt to instill it in those around you. Why? Well the answer is simple... how on earth can you pass on that which you do not have? You will never be able to encourage others beyond the very level of courage that you carry and demonstrate on a regular basis. Your level of courage is the only limiting bar. Raise that bar and you raise your ability to encourage others.

The three guiding principles around raising that courageous bar are:

1. Courage = Controlling you fear.

Growing up in a military environment taught me one thing that I know is fact – Everyone is afraid of something (often many things). From the 6 foot Army Veteran who has served many months on the front lines, to the CEO of a Fortune 500 company, fear is a fact in each of their lives. But throughout history our true heroes were not the men and women that were not afraid, but rather those that faced their fear, acted in spite of it, and moved forward to overcome its choke hold on their lives.

2. Face your fears.

Realize that your fear is going to exist and maintain its control on your life, until you face it. Once you face it -YOU will gain control and your fear will falter, thus lessening its grip on your life. However, let us not forget that the opposite is just as true. While moving towards that which you fear weakens that fear, avoiding it and heading away from that very same dread will empower and strengthen it, thus increasing its strangle hold on your life.

Make facing your fear a habit–knit part of your life. Consciously and continuously take steps to chip away at that fear. Look at every situation or task that induces fear in you as a challenge, or an opportunity for you to become more than you are today. To become more of what you want to be.

Last but not least - this one has almost said itself...

3. Do what you fear and that fear's demise is certain.

At the risk of repeating myself – do what you fear over and over again and your fear will lose its hold on you. A perfect example comes to mind. For many, public speaking is a number one fear. I have been a member of an outstanding Toastmasters International Club in Atlanta for 7+ years. In our weekly meetings we watch those that would never willingly get up in front of an audience and speak overcome that fear. They do so by taking a little step closer each week. First they get up and answer a simple

impromptu question - a quick thirty–second answer and they rush back to their seat. Next time they will

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give a two to three minute speech about themselves. Shortly after that a three to four minute speech on a topic they are passionate about. Step by step they build their skills and remove the chokehold that the fear of public speaking had upon their lives and their careers. Take what you fear and break it down, face it step by step until you are the one empowered.

Zig Ziglar said it quite well in a presentation I attended, "Fear = F.E.A.R or False Evidence Appears Real." Time and time again you have thought about taking the action that you fear. Your mind ran through all the possible outcomes positive and negative. Then your imagination, fed by your fear, led you further down the negative path. Thus feeding your fear again. Leading you further down the negative path... I'm sure you see the pattern developing here. Break that pattern! Turn and face your fear! Take conscious and continuous steps towards it, as often as you can, until you are the one with the control.

Think successfully!

Tracy

Tracy Brinkmann provides motivational and educational material spiced up with humor and entertainment. Informing, educating and listening to keynotes does not have to be boring! We will put every effort to see to it that it is not. <http://www.tracybrinkmann.bizhosting.com> Free Success Atlas ezine <http://www.tracybrinkmann.bizhosting.com/ezinesubscribe.htm>



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