

When You Turn INDECISION And FEAR Into POWER and ACTION!

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By Noel Peebles

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"We have nothing to fear but fear itself."
Franklin Roosevelt

How many times have you had a really great idea or wanted to take a risk and try something new, only to have a little voice inside your head shout:

"It wouldn't work!"

"You couldn't possibly do that!"

or "What a silly idea".

Everyone, at some point in their lives has listened to their little voice cautioning them against following a certain action. If you frequently question what you do and think, and veer away from making decisions, then you may be stopping yourself from reaching your fullest potential. You may be slowly squeezing the special creative energy and inspiration inside of you that makes you unique, into a tight knot that needs to desperately unravel.

So what motivates that niggly little voice? What is stopping you from making that important decision or trying something new?

One of the most common answers is FEAR. Fear is the greatest single barrier to success in our personnel

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and professional lives. The emotion of fear is intended to warn us of danger and to act as a cautionary tool. It should make us stop and think before taking action.

The Great Dictator?

What fear shouldn't do is dictate the course of action we take. It shouldn't control our thoughts or relationships with other people, and most importantly fear shouldn't shape who we are or what we want to achieve in our lives.

On a conscious or subconscious level all of us have felt the impact of fear in our lives. Whether it is the fear of making a decision, the fear of failure, a fear of what other people will think, or the fear of success – the consequences are the same.

If left to fester and control our lives, fear eventually leads us to stop trying new things. Our comfort zone pulls tight around us and is rarely pushed further out than it needs to be. We feel stale, lethargic and wonder what's missing in our lives. Our creative energy is replaced with a survival instinct. On a subconscious level we start to really believe that we aren't good enough, or that there's no way possible that we can achieve something new or take a risk. On a conscious level our body and mind responds to being fed negative statements and responds by firmly stating –

"I can't do it!"

What are you afraid of?

Have you ever wondered just what you are afraid of? What stops you from taking the next step forward that will keep you on the path of achieving your goals?

The reason for most people's fear is buried deep within themselves. A low level of self-confidence and self-esteem makes us

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feel unhappy about ourselves. Because our thoughts are based on feelings of inadequacy, we set our boundaries and standards very low and achieve little in our lives.

One of the greatest realizations that you may ever experience in your life is that the emotion of fear is part of being human. It's perfectly normal to experience misgivings and doubts!

Fear will never go away no matter how self-confident or successful we are!

The key to overcoming our fears is to feel good about ourselves and think positively. We can then begin to use the energy that fear creates positively in our lives.

Only then can we turn indecision and fear into power and action.

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Overcome Fear And Make Money

By Abel Cheng

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At times, you might have thought about excellent money making ideas, which can turn you into a millionaire. Unfortunately, you do not have the courage to turn your ideas into millions.

Is it fear that is holding you back? I notice that fear has everything to do with our lives, whether you realize it or not. Because of fear, people are willingly being ordinary, poor, and being caught in a boring job.

Fear is a very destructive force. It kills enthusiasm, encourages procrastination, eliminates self-confidence, drains your energy, and decreases imagination.

Why do you have fear in the first place? Indecision and doubt breed fear. Have you noticed that in your attempt to become rich, when you're not sure and in doubt, fear will appear? The appearance of fear will stop you from achieving what you want.

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More often than not, fear is only your perception and it's not real. It's only a state of mind. That's why F.E.A.R. is the acronym for "False Evidence Appearing Real."

Overcoming fear can lead you to not only have more money; it improves virtually every aspect of your life. But how do you live a 'fearless' life?

There are many ways to overcome fear.

One of my favorites is to gather as much information as you can. When I decided to learn stock trading, which was a totally new area to me then, I attended an investment workshop, surfed the Internet, read books on investment, and subscribed to newsletters. There is a lot of information, on any imaginable topic, easily available to you now. By gathering facts and information, you can overcome your fear and also learn from experiences of other people.

Another best way of overcoming fear is having a mentor. A mentor is not an advisor or consultant. A mentor is someone who has achieved what you want to achieve. And he has indicated his willingness to help you.

A mentor will advise you on the shortcuts and the mistakes that you should avoid. By having a mentor, your fear is gone since he will always be there to guide you. This also can save you time on trial and error.

Just do it. I borrow from Nike's slogan. Yes, this is another way of overcoming fear. Most of the times, when you have a plan to achieve wealth, you tend to think too much and worry too much. You suffer from a disease called analysis paralysis. As a result, there is no action taken. Do not think too much and just do it. I'm not suggesting you to do it blindly. My advice is do not over-think, keep it simple, and just do it. Remember, indecision leads to fear. You'll be surprised that once you did it, it's not that difficult anyway. And the fear you had before just disappeared.

Ask yourself this question, "What is the worst thing that can happen to you in this situation?" If the worst-case scenario is acceptable to you and you're willing to take the risks, by all means, go ahead. You are aware up front that even though you fail, you already know the consequences. The awareness of the worst-case scenario eliminates the fear in you, fear that holds you back. It's even better if you know that the probability of getting the worst-case scenario is slim, this motivates you even further to take action to achieve your goals.

The more you fear, the more you need to confront your fear. You have to confront your fear, not to avoid it as what most people do. If you do not confront the fear head on, the fear will be always there. If you fear public speaking, the only way to overcome this fear is to stand in front of an audience and speak. I don't think there is a better way to do this, do you?

Finally, believing in yourself helps you to overcome fear. You must believe that you can do it. One of the simplest ways of overcoming fear is to affirm to yourself, "I can do it. I can do it." This simple exercise eliminates the doubts you have, as well as your fear. Believe in yourself and act as if it were impossible to fail.

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Being rich is a matter of overcoming fear: fear of failure and fear of making mistakes. You owe yourself a better life. Use these techniques and conquer your fear, then you'll have a life full of wealth and happiness.

Abel Cheng offers small and medium enterprises exclusive global profits insider tips in his free publication, Abel Cheng's Business Diary. To officiate a bi-weekly subscription, please go to <http://www.abelcheng.com/diary.html>



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