

Jenna
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FACE YOUR
FEARS



WHAT IS FEAR?

According to Napoleon Hill, Fear is nothing more than a **state of mind**. And one's state of mind is subject to control and direction. Every human being has the ability to completely control his own mind, and with this control, every person may open their mind to outside thought impulses (fearful ideas) or close the doors tightly and admit only thought impulses of his own choice.

Everything which man creates, begins in the form of a thought, leads one very near to the principle by which fear may be mastered. 

No one succeeds without conquering fear.





Will Smith

“The only place that fear can exist is in our thoughts of the future. It is a product of our imagination, causing us to fear things that do not at present and may not ever exist. That is near insanity. Do not misunderstand me danger is very real but fear is a choice.”

The opposite of fear is understanding. Once you know **who and what you are**, you know there is nothing to fear.

MOST COMMON TYPES OF FEAR

- Fear of Poverty 💰
- Fear of Criticism 🧠
- Fear of Success 💰

I was so afraid to fail that I brought on my definition of failure in my life. Instead of **focusing my energy** on building, I spent my energy in self-preservation mode. Low battery mode.

FEAR OF POVERTY



The fear of poverty is without doubt the most destructive of all fears and is the most difficult to master.

It shows up in different forms: **Indifference, Indecision, Doubt, Worry, Over-Caution, Procrastination**

HOW TO CONQUER THE FEAR OF POVERTY:

- 1** Only focus on what you want. Ignore all feelings, thoughts, do not take actions towards what you don't want. Write a script of what you want your life to be like and income level.
- 2** Act as if you have already achieved it. 'If you had a million in the bank, you wouldn't have commission breath.' Act as if you cannot fail.
- 3** Rely on unseen forces- Living in a state of trusting you'll be caught no matter what.

FEAR OF CRITICISM



This fear is fatal to personal achievement because it destroys initiative, and discourages the use of imagination. Symptoms of this fear manifest as self-consciousness; lack of poise, wishy washy personality (people pleasing), inferiority complex (self-approval, boasting of imaginary achievements), extravagance (keeping up with the jones', spending beyond income), lack of initiative (fear to express opinions, lack of confidence in one's own ideas), lack of ambition (mental and physical laziness, slowness in reaching decisions, easily influenced by others, accepting defeat, quitting when opposed by others)

HOW TO CONQUER THE FEAR OF CRITICISM

1

EMBRACE THE ILLOGICAL. BE SOLD OUT ON YOUR VISION.

“The biggest obstacle to overcoming the odds is never challenging them.”

Price Pritchett, PhD.

“There is a sure way to avoid criticism: be nothing and do nothing. Get a job as a street sweeper and kill off ambition. The remedy never fails.”

Napoleon Hill



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HOW TO CONQUER THE FEAR OF CRITICISM

2

DEVELOP INNER SELF-CONFIDENCE (SELF IMAGE)

It's not a personality trait, it's a mental state you can develop. You already have confidence, might not when you want it or in the area you want it in, but everyone has confidence. It's an inner certainty. Confidence is knowledge.

"A feeling or consciousness of one's powers." "Having confidence will free you to go where your heart leads you, to do what you must do." "Confidence sets up a vibration that causes others to trust in your ability, it instills safety when following your lead."



HOW TO CONQUER THE FEAR OF CRITICISM

3

SEEK FAILURE

Willingness to make mistakes - Failure is a resource. It helps you find the edge of your capacities. Sign of progress.

“Risk believing in yourself. The only thing of significance that has been standing in the way is you.”

Price Pritchett, PhD

Put your foot upon the neck of the fear of criticism by reaching a decision not to worry about what other people think, do, or say.'

Napoleon Hill



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FEAR OF SUCCESS



On a deeper level this is the sum feelings of “I’m not worthy of it, I’m unsure if I can sustain it once it’s here, and I’m afraid to lose who I am.”

HOW TO CONQUER THE FEAR OF SUCCESS:

- 1** Give yourself permission to aim high - don’t wait for anyone else to decide what you’re worth.
- 2** Success is not an end goal. Fall in love. Passion fires the soul and fills the spirit, it energizes your heart and mind. It keeps you going when problems arise.
- 3** Embrace the metamorphosis. You must be willing to let go of old versions of you in order to step into your highest version. The only risks that aren’t a little scary are the ones you’ve outgrown. Get uncomfortable. Uneasiness is a predictable psychological reaction when a quantum leap is underway.

MAKE YOUR MOVE BEFORE YOU'RE READY

Getting ready is a stalling tactic, an act of anxiety, a con game you're working on yourself. The time to start is now.

“If you’re always preparing to work, you’ll never get to the work.”
Josh Zwagil

“Take the first step, you don’t have to see the whole staircase,
just take the first step.”

Martin Luther King, Jr.



“Everything else you require comes from inside of you. The opportunity, the power to perform, those are in you- not the situation. Look inside at what pulls at your consciousness, for there you’ll find direction. Everything else is in position, waiting for you.”

Price Pritchett, PHD