

How to Let Go of Your Fears
to Work Passionately on Your
Growth for a Better Life

JOHN WARD

THE ART OF FEARLESSNESS

HOW TO LET GO OF YOUR FEARS TO WORK PASSIONATELY ON YOUR GROWTH FOR A BETTER LIFE

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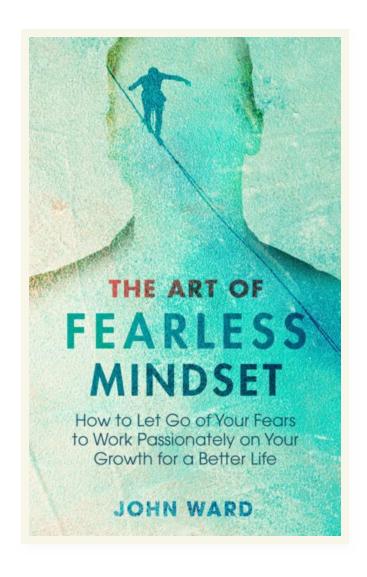
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CONTENTS

Introduction

- 1. Motivate Yourself by Finding a Clear Purpose
- 2. Stop Putting Yourself Down and Start Building Your Confidence
- 3. Forget About Pleasing Other People
- 4. The Fear of Change
- 5. <u>Do You Live in The Past or Present?</u>
- 6. Adopt a Mindset of Gratitude
- 7. Do not be Afraid to Look Stupid
- 8. Take Action Despite Fear, Not Because of It
- 9. Do not Be Afraid to Ask for Help
- 10. Never Stop Learning, Always Evolve

Conclusion

About the Author

References

INTRODUCTION

Fear is an emotion. It is a captivating state of mind that leaves you powerless, constantly questioning your abilities. When you live in fear you lose trust in yourself and start believing that good things will not happen to you. Fear causes panic, feelings of anger, pain, anxiety, and stagnation.

This emotion will grow its roots in your life and make you handicapped because you are afraid to do anything with your life. The emotion of fear is not unique to only a few people in the world. Everyone has experienced fear in one way or another. It is an emotion that is common to feel.

The negative aspect of this comes in when you allow the fear to become what guides your life. When you let it control you and decide how you are going to be living your life. This means that you are living in fear. You have entangled your life in this emotion and believed that you are incapable of doing anything.

Living in fear will introduce your life to a comfort zone. Your comfort zone is a level in your life from which you will not want to move from because it is what feels safe for you. What you have achieved up to that point in your life is what you will settle for because you believe you can only achieve that much. You start feeling like you are not capable of growth and having more and you stop taking risks to further develop yourself.

I was once stuck in my comfort zone when I was thirty-five years old and I did not want to start my business. Employment became so safe for me that the risk of going out into an uncertain economy and starting something of my own terrified me. Questions that ran through my mind were things like, "what if I do not break the ice with this business and end up making huge losses? What if my company is liquidated by the government for gross misconduct?

Will I always be able to pay my employees?"

These questions terrified me and made me fearful. By the time I was thirty-five I had already put off starting my own company for three years. In my life plan, I had set a goal to start my business after ten years of employment experience. The tenth year came around when I was thirty-two. But shortly after celebrating my ten-year working anniversary fear consumed me.

I looked at the job I had. It was good with many benefits. I held a good position in the company and was treated as an asset because of the value I brought in. My bosses did everything to keep me in the company and I enjoyed the pay and bonuses.

This special treatment was supposed to be my confidence booster. I should have picked up from the way the company treated me like an asset that my work input was good. That is why they moved mountains to keep me happy. Because I put them above the competition and me moving to another company or starting my own practice would create new competition for them.

It was time for me to move somewhere I was the boss so that I would be able to grow even more. Somewhere I would not be working for another person's dreams and goals but on my own.

In this book, I am going to teach you the art of living a fearless life. Even though it is human to experience fear we are not obliged to live in it. This book will give you useful tips and information on building your confidence and saying goodbye permanently for the comfort zone.

Your life will no longer be at a standstill and you will not face stagnation because you fear what awaits you when you embark on a new journey. You will now be a transformed person who welcomes challenges and works to be above the situation with confidence that you have what it takes to succeed.

When I gave my bosses my resignation letter and went home that night, I felt excited and scared at the same time. They had given me two months to think about my decision and give them a call just in case I changed my mind. The temptation to go running back was great. I was no longer on a secured payroll meaning what I earn at the end of the month totally relied on my efforts.

The next morning, I sat down and started writing down my plans. And just like a puzzle, the pieces fit together. I was still a little scared but there is some confidence that comes in writing down your thoughts and organizing them. It gives you a visual representation of your life goals and plans and you

are able to internalize them better.

When I wrote everything down, I had a soft whicker of confidence in me. A soft voice in my head kept repeating how it does not look hard and it is something I can do. And I hung on to the voice and made it louder. I gave the inner voice in my head of confidence a microphone with amplified speakers to shout in my head how I could do this. It turned out to be the switch I needed to drive me to greater heights and help me overcome the fear that had engulfed me. And I will teach you how to do this in your life as well.

The best way to combat fear is to have confidence. Self-confidence eliminates doubt that you may have over your abilities. Each time you take a risk you will not first think of the many ways your plans can go south and everything comes crumbling down. But you will be confident in your plans and come up with better ways to strengthen them.

I have faced fear and I know what it is to live in fear. There are times I ask myself how my life would have been better if I started my business at thirty-two as I had planned to do. I question the decisions that I made out of fear and now that I am not there anymore, I see clearly how the results would have been much better had I opted to be confident in myself and actualize my plan.

When you stop living in fear you start to grow. Your life starts to change for the better because you are able to think and work clearly. When you let fear dwell in you it even captivates your mind and makes it impossible to have clear and big thoughts. You always think small because you do not believe that you can have more.

But in life, you will only ever achieve what you believe you can achieve. Success starts in the mind with what you think about yourself. I will help you live your life freely. Fear will no longer captivate you because you will have the information you need to buy your freedom.

You should know that fear is only an emotion. Just like how you feel happiness and joy so do you feel fear. You have the power within you to opt to feel something else other than fear. And I will teach you how to tap into this power through this book. Our life experiences are not unique to us. Many people face the same thing but what makes our stories different is how we deal with the situation.

With confidence, you will be able to move and do even that which you thought was undoable. And with my help from the information I give you in this book I will help you deal with different aspects of your life and eliminate

fear from all of them. I promise to show you the best way to combat your fear without you having to go back living that way again.

You will never know how liberating living a fearless life is until you try it. There is a lot of potential in you that you are missing out on because you choose to live your life in fear. You can achieve a lot more than you imagine if you have the right confidence and agree to start taking calculated risks in your life.

Fear is only imprisoning you. It is holding you back from achieving what you are capable of. And you have the ability to stop it now. You can let go of your fear and replace it with confidence. Opportunities are everywhere in life but when you live in fear you become blind to them.

Get out of this lifestyle now and come to the other side of life where nothing limits your dreams. When I finally decided to put my plans to action and actually start building my company, I was amazed at the things I was achieving. Incorporating my business was not a hustle like I thought it would be. I had interacted with clients at my previous job who heard of my new practice and became my clients in my new establishment.

And now that I had no fear and I was working on my goals I could steer my company in the direction I wanted it to go. I realized that when I was employed, I used to have a lot of ideas that I did not use because the bosses wanted things done their way. Now I was the boss and I could do what I wanted to bring success to my company. And fear was not going to stop me.

Make the choice to not have fear dictate your life today and be ready to experience new ways you can grow your life for the better.

MOTIVATE YOURSELF BY FINDING A CLEAR PURPOSE

Towing your life purpose will motivate you to do bigger and better things in your life. Your purpose is your main goal. It is what you want to achieve in the end after doing something. And when you achieve it you will enjoy the long-term benefits associated with it.

When you live a purpose-oriented life you will always define why you are doing something. This means that all you do in your life will not be done for the sake of it but you will be doing it because there is something you want to achieve from it.

When I was employed, my life at the start was all about waking up and going to work then coming back home at the end of the day. My weekdays were all about going to work and doing what my bosses asked me to do.

My goal was to get the work done and go home and prepare for the next day. There was no purpose in my job and my life. You know the way people are told to get good grades so they get a good job? I had completed my university with good grades and now here I was working in a nice company. What I felt is that I had already checked all of life's boxes and now what I needed to do is work well so I get promoted and earn more money.

But how will I get promoted and earn more if I do not know why I am working anyway? I was not working towards anything so I was not growing. Because I was young with a lot of energy, I was ambitious but had no purpose. How I went about my business was destroying my life.

I used to have a diary full of appointments. Clients were booked for appointments with me and most times I even triple booked them. It was embarrassing to walk into a conference room and find two or three clients waiting for me at the same time. Because I was not purposeful, I was also not

intentional and keen with myself. If I was, I would not have been booking more than one person at the same time without knowing.

With clients, most of them do not like having group presentations where you pitch you work to them in a room with other people. Most people that are looking to invest in something would prefer to have a one on one meeting where they will explain to you what they want from an investment and how they want it.

I was also picking up extra work at the office. My idea of success was to be fully occupied. The more things I have to do then the closer I was to my success. But now that I know better, I know it does not work like that.

It was during my minimalism journey and my quest to declutter my life that I discovered the importance of purposeful living. I was severely depressed and angry at this point in my life because I recorded more losses than gains in my professional life. Even though I was doing what society instructed by finishing school and securing a position in a good company I was not growing. My life felt like a maze and I had hit a dead end.

I was fearful of everything at this point. As a young man who has just started working you have many perceptions of how the world out there is supposed to be. Only to get there and find out that you have to work to have your own bed so you can sleep in it.

When I was changing my life, I took time to self-reflect. I asked myself what it is I wanted from my life and my job. What do I want to accomplish? How will I get there? Am I doing it right?

With my job, I made it my purpose to grow to the level of Director. I know that the only way to get there was to become really good at what I was doing. My life changed and became goal-oriented. I was always stating my purpose in everything I was doing and setting goals, both long-term and short-term, on how I was going to achieve it.

I stopped walking through my job and life aimlessly without knowing what I wanted to get at the end. My waking up to go to work each morning became more intentional. I was waking up to go and do a few things that would help me accomplish my goals. And my work quality started to become better.

I was now even more intentional with my appointments. Clients felt better talking to me because I was listening to them and selling them what I needed. It was not about pitching the company's investment plans to clients like I was asked to do by my bosses. It became more of listening to what they

wanted and selling to them what they needed.

Later on, I pitched an idea about customizing investment plans for each client so that they no longer have to choose from the general plans already there, but an arrangement can be made where we align our plans to their needs. This way each client would enjoy the benefits better. And I got a promotion with more benefits from this pitch. All this was achieved because I became more purposeful with my life.

TAKING CALCULATED RISKS

When you have a purpose in life you will not be afraid to take a calculated risk. A calculated risk is a risk that is within your purpose line. It will help you achieve your purpose and bring you growth.

Your purpose will help you know the risk you need to take. And you will be motivated and confident that you will achieve good results because of the actions that you have taken. These results are what will help you grow and become better in your field.

If you have no purpose then you will fear taking risks. You will sit in your comfort zone where you go around doing the same thing every day because that is what feels safe to you.

As a young boy, my teachers and parents always praised me for my writings. I wrote good essays in school and would always be signed up for essay competitions by my literature teacher.

When I grew up, I knew that I wanted to write but the fear of having negative reviews stopped me from doing so. Each time I would entertain the idea in my head something else came and told me how I would not achieve good results. As soon as I lit the fire in me it went off because I did not believe in myself. It was a risk I knew would open up doors of opportunities for me, but I was not ready to take it.

One time as I was scrolling through Facebook, I saw an add for a blogging website. It was advertising how easy and convenient it is to blog on that app because they even have a mobile app. You can write down your thoughts and publish them without using your computer.

I downloaded the app and took the time before I even posted my work on it. All I did on it was read other people's blogs. It felt like I was waiting for some supernatural pull while all I needed was for me to make the decision

and start writing.

The only person you need to believe in yourself is you. It is you that knows your purpose. Allow it to motivate you to take risks and to do better for yourself. Revise the risk to make sure you know most if not all of the possible outcomes. This will make it easier for you to work and take the risk because you know all that can come out of it. With my blog two things would happen, people would read it and like it or read it or not like it. It was a risk worth taking.

OPPORTUNITIES

As soon as you state your purpose for something you will start to get a lot of opportunities. Ideally what is happening is now that you have a purpose your eyes are opened to the opportunities associated with it.

Now that you know what you want you to start working towards it. And you will notice the opportunities that are around you that will help you achieve your purpose. All these opportunities have been there from before. You were just oblivious to them because you did not know what you wanted.

Find your motivation to explore these opportunities in your purpose. For example, if you are looking to lose weight you will set your purpose to losing weight to be healthier. Your goals will be things like losing two pounds every week. When you set this, you may walk down the street around your home and notice a gym. It has always been there but because weight loss and fitness were not your purpose you did not notice it. Then because you want to achieve this weight loss purpose you will be motivated to sign up for the gym and work with a fitness trainer to achieve your goals.

Get excited instead of fearful when you see an opportunity. This is a calculated risk you are taking towards achieving your goals. And because you know the good your goals will do for you in achieving your purpose you will be motivated to explore opportunities fully.

READ

Reading will always open your eyes to many things. All positive knowledge is good and will help you become better. When you read, you discover your interests. And from your interests, you will know what your purpose is.

How you discover your purpose from reading is you will know what you want to do with your life from the information you are getting. I loved reading self-help books and from them, I discovered that I have an interest in helping people. When I started my blog, although I realized later, I always wrote posts that gave the advice to help the readers better their lives.

After a period of writing and people being happy with the content put out in my blog is when I realized that I have an inkling towards self-help and I want to create books that are going to help other people. My purpose as a self-help author is to help people get better and stay better.

When you read, you gain knowledge. And this knowledge will help you to beat fear because you will be confident in your work. Everyone is always fearful of doing something when they do not have the right information on how it should be done. Just like riding a bike, the first time you get on it you are scared about falling off. For most people, the fear sticks with them and they never learn. Others work hard to learn how to balance and cycle. And once you learn to ride a bike you never forget. You will never fear to hop on a bike ever again because you know that you can ride it.

That is the same with knowledge. Once you have it, it is yours forever and it will come in handy for you when you are working on that particular field.

As a motivational speaker reading gives me purpose because I know what exactly I want to tell my audience each time I am up speaking. And I make it my purpose to make sure the message is passed. Reading has helped me understand my audience better because I have read about different people and different conditions. I do not fear that I will not be able to connect with my audience.

LEARN FROM EXPERIENCE AND FEELINGS

What you experience in life can help you discover your purpose. All our experiences invoke certain feelings in us. Experience can make you happy, sad, strong, weak, motivated, angry, and so forth. These emotions should speak to you and give you purpose.

By this, I mean that all experiences should have a way of shaping your life. For example, if you were born into a poor family it does not mean you will remain poor forever. You can make it your purpose to come into wealth

and you will be motivated to achieve this goal. But if you fear what is to come you will stay in your comfort zone where there is no growth and poverty will be your portion.

My experience with being a disorganized person made me have a purpose to be very organized and to keep everything in my space minimal. This is why I changed my ways and adopted a minimalist lifestyle. Because I wanted to be organized at all times. I wanted my day and my life to have a clear organized path where everything was not everywhere.

And that purpose has helped me achieve a lot in life like financial freedom, writing more books, spending more time with my family, and learning what I need and love. I have discovered many interests, hobbies, and talents from my changed lifestyle.

But my most important achievement is that I learned the art of living fearlessly. Because I do not have so much going on at one time it has become easier for me to focus on what is important in my life.

Your experiences can also give you the purpose to help people live better. I have faced disorganization and congestion both physically and emotionally and I know how detrimental it is to life. This is why I wrote my minimalist books to help people who are suffering from this get better.

People who have lived in poverty and hunger most times make it their purpose to help those that are still suffering from it. Popular Manchester United Forward, Marcus Rashford, is an example of such a person who has made it his purpose to fight hunger and ensure that children get meals.

You do not have to have faced an extreme experience for you to have a purpose. Even your fear of heights can make your purpose to live your life differently say by deciding to overcome this fear and become a pilot.

SHARE YOUR STORY

As a young man that had been newly promoted and was starting to live his life better, I developed the fear of slow growth. I felt like I was taking a long time to achieve different things in my life. And this terrified me. Slow growth means I would not be able to retire by fifty-five as I had planned.

One day a friend invited me to a "young people's meeting" he used to attend at his friend's house. He told me how they got together every fortnight to share their stories and help each other grow. When the meeting started the

host asked me to introduce myself and share my biggest achievement so far in my life. To me, the only good thing going in my life at that moment was my recent promotion. It was a big deal.

I was scared to speak but I tried my best of course stating the promotion as my biggest achievement. And what the host told me shocked me. He said to me that I have idolized my promotion that it has become the only thing in my life and I no longer consider other things in my life.

At this time, I had already started my minimalist journey and my life was becoming more organized. I did not know I was still living in fear until it was pointed out to me. My minimalist journey was a bigger achievement than my promotion but I did not see it because it was not cutting me a cheque every end of the month.

I failed to see how minimalism is what is helping me retain the money I was earning from my job. It was helping me utilize the money well and even save. This was my biggest achievement because it helped me live my life in order. I would have never realized this if I did not tell my story.

I was still in fear of growing slowly that I was ashamed of all other things that I was doing with my life. That is what fear does. It makes you blind to all other good things happening in your life so you focus on it only.

Tell your story. You can say it to yourself in front of a mirror. Talk about what you have been working on and what you have achieved so far. How many goals have you accomplished? How do you plan to accomplish the others? Answer yourself.

You will see that your fear was baseless because your life has a lot of meaning and growth. What you are considering small has actually taken you to great heights. And you should be grateful for it.

If you fear, you will not see this growth and you will underplay it.

Telling your story will help you realize your purpose. Speaking out loud about yourself will help you realize what you love to do. You will see what it is you lean-to in everything and you will draw your purpose from it.

Do not think you do not have a purpose in life. Everyone has one. Some are just oblivious to it. But if you make finding it intentional you will notice it when you share experiences of your life.

Telling your story will also help you see how far you have come and motivate you not to give up. Giving up will mean losing all that you have achieved so far. But when you purpose to finish then you are getting strength from your achievements to do better and become even better.

Having a purpose is what will motivate you to move on and push you to achieve greater things. Your purpose will wake you up each morning and set you on the path to achieving it. And it will motivate you. There will be no fear in your way because you are passionate about achieving this purpose.

I find myself being more intentional about achieving things that I have attached a purpose to because I know what I am working towards. And I am motivated to get it. Even when feelings of fear come, I do not get scared because I am excited to be on the journey of achieving it. Even my goals are well aligned to help me achieve my purpose better so I reap more benefits.

STOP PUTTING YOURSELF DOWN AND START BUILDING YOUR CONFIDENCE

hen you live in fear it becomes easy to be your own enemy by always putting yourself down. The fear in you has already convinced you that nothing good should happen to you. You now turn into a sorrowful person who is constantly seeking pity from others. This needs to stop.

Stop putting yourself down and accepting defeat even before you attempt something. Doing this is the same as fueling your fears. You are submitting to them and giving them the upper hand in your life which is dangerous and disastrous.

You are cultivating a fear mindset by doing this and only negative things will manifest in your life. The mind has two parts to it. There is the conscious mind and the subconscious mind. The conscious mind is objective while the subconscious mind is subjective. Your conscious mind has the ability to discern right from wrong because it is connected to your body's senses. The objective mind relies on facts and what it perceives.

On the other hand, your subconscious mind is subjective. It has no personality because it is not connected to the senses. It relies on your beliefs. The subconscious mind is what manifests different things in our lives. And it feeds off the information fed to the conscious mind.

Because it is impersonal it has no way of filtering information to know what is true and what is not. It will ingest all information it gets from the conscious mind and manifest it into your life. And the interesting feature of the subjective mind is it will never manifest in your life anything that you think about in the negative.

An example is of a poor man who constantly says that "money is the root of all evil". He will continue to wallow in poverty because his subconscious

mind will not manifest money in his life because his belief about it is in the negative. Another example is when people say things like, "I am sick and tired of that food" or "it makes me sick". You will oftentimes find them getting truly physically sick when they eat the food in question or interact with anything that they had said would make them sick. This is the power of the subconscious mind. It manifests in your life whatever you hold as your beliefs.

If you believe that fear has taken over your life then the subconscious will manifest these results in your life. When you constantly sit to tell stories about how your life has been through so much misfortune to welcome pity into your life your subconscious mind is picking up on this. And you will keep wallowing in your misfortune because that is what is being manifested in your life.

With fear in your life you have been affirming things like, "I cannot do it", "that is too hard for me", "such things do not happen to people like me" and other negative affirmations in this line. Because your subconscious has picked up on this negativity it manifests it in your life and makes it your reality. Each time to attempt to do these activities you will fail and think that your life is doomed. No, it is not. You have the power to break away from this.

You are the one who can break this vice in your life. By deciding to overcome your fear. And how you overcome it is by affirming confidence in your life. Where there is confidence, fear cannot stay.

Your subconscious is the tool that can make and break your life. If you broke your life by thinking about yourself negatively and giving in to your fear then you can surely change your life for the better. Just affirm good things to yourself and do not doubt them. change your beliefs and start believing that you can do it. And you will start to reap the benefits when your subconscious starts manifesting positive things in your life.

BECOME AN OVERCOMER

The best way to build self-confidence is to become an overcomer. Go out and start facing your fears so that you can overcome them. Start by acknowledging your fears. It may be impossible to overcome something that you deny or ignore. If you do not accept that you have been living in fear you

will not be able to overcome it.

Back when I was starting my company, I had to acknowledge that I was fearful of resigning from my job so I can go and start my own business. For three years I knew I had this fear but I always made excuses. I would tell myself that my family was still young and it would be risky to leave our main source of income to go into a world of uncertainty. Then I made excuses with the economic situation of the world. I would tell myself that the current economy was bad and would not be able to carry my new company. And the fact that it was new would translate to it crumbling easily.

I would go online and look for other companies in my field and start saying that there were already many companies doing the same line of business so the competition would be too much. I had managed to torment myself in fear that I doubted my own skills. At my workplace, I was an asset that the company would rather double my salary instead of having me resign. But this was a comfort zone. A barrier to me achieving more.

The day I wrote up my resignation letter I admitted to myself that I was living in fear. I was sitting in my big office and decided that enough was enough. It was time to go out and face my fears. I was not so strong at this time but I gathered all the energy I could master and took the resignation letter to my boss. As I cleared my office, I had the feeling of having made the worst mistake of my life.

My son was sickly as a child and the constant thought in my mind was that I would no longer be able to afford healthcare. This fear alone made me almost run back to my boss's office and tell him I was joking about the resignation. But again, I gathered courage and left the office.

My assistant quit the next day too and came to my home to tell me that he is willing to ride the storm with me in my new company. He said to me the reason the company was fighting to retain me is not that they did not want the hustle of hiring anyone else, it was because they knew that I would be their biggest competition within a few years. His words gave me hope. They showed me just how good I was and increased the confidence and belief that I had in myself.

I decided to overcome my fears by facing them. Each time I survived a hurdle in life I became even more confident. It became so much fun combating my fears that I constantly questioned myself on why I did not start early.

It was at this moment in my life that I understood just why risk-takers go

swimming in the ocean during shark season. The courage and confidence you get when you face your fears and come back successful is intoxicating if not exhilarating. It makes you want to jump back in and do even bigger things.

I learned to use my fear to my advantage. I would always take up tasks that scared me. Anything that my mind had previously perceived I could not do is what I went on to do. I took up the challenge with an open mind constantly reminding myself that the limitation was only in my mind and it was false. I was capable of doing anything.

Whoopie Goldenberg, the legendary actress, suffered from aviophobia for the longest time. This fear had consumed her life that she would only travel by bus to and from work. It was scary for her to get on a plane. When an opportunity to produce the act 'Sister' overseas presented itself, she accepted her fear and even went ahead to address it publicly to boost her confidence. She decided to face her fear so she could overcome it.

Make it your goal to overcome your fear. You can write down a list of the fears you have that you know about. Then come up with a plan of how you are going to attempt the tasks associated with the fears to overcome your fear. The best way to demystify something is when you face it. Sitting on the sidelines and expecting it to go away will not work. It is fear that is in your life. You need to actively work on breaking it.

Allowing your fears to weigh you down may mean never engaging or participating in some activities. The phobia of heights can make you not go bungee jumping or ziplining with your friends making you miss out on this fun activity.

Make it your goal. Have a bucket list if need be, of all the things you think you cannot do and psyche yourself by getting the courage to tick everything off your list. Having done so you will feel a sense of achievement and as a result boost your confidence to do more.

By going ahead to start my blog despite the fear of people not relating or liking my content was an act of making my fear my goal. I decided that I was going to write a blog each week. And within a year I had a good following and people commenting on how they love my content. Many told me how my advice helped them change many aspects of their lives.

I love that I started blogging because it unlocked part of me that I was not aware of. I became a motivational speaker and even started writing motivational books. This was a big plus for me. Because I have always had the urge to help people but I did not know how I was going to do it.

AVOID COMPARISON

As you work on overcoming your fears it is important to avoid comparing yourself with other people. Do not gauge your progress with that of others. This will only discourage you and make you feel like you are not progressing as you are supposed to. And in the process, it will create a new fear in your life. The fear of slow progress.

We all run different races in life. In the end, we are all winners. Whether your success comes today, and another person came two weeks earlier, you are still a winner.

If you want to believe you are a winner you should start by appreciating your small wins too. Stop waiting to achieve big things so you can be happy. The little you have achieved should make you happy and motivate you to do more.

Believing that you are special and that you have unique characteristics is fundamental in your daily life. If you understand that everyone has a different personality from the other, then it will help you focus more on who you are and not who others are and what their capabilities are.

Comparison is a killer of joy and peace, therefore, making your fears more pronounced. Loving yourself goes a long way into making you confident and surer in yourself and your capabilities.

ACCEPT CHALLENGES

As you build your self-confidence it is wise to accept challenges. Stop shying away from them and believing that you cannot do it. Remember the power of your subconscious mind. Your subconscious will manifest in your life your beliefs. Believe that you have what it takes to take on a challenge and come up successful.

Even as you take on these challenges, be open to criticism and correction. Do not feel like you are incapable of completing a task because someone has criticized you. It should be a learning opportunity for you and a driving force to keep you going.

There may be pressure but remember to keep affirming that you are a winner. Do not allow the pressure to build up fear in you that will make you give up. Even when you start feeling spasms of fear gripping you, you should

face it head on so you can overcome it.

My first challenge when I started writing was to avoid sounding robotic and not passing the information in a way that connected with my readers. Many people would read my blog and write that it was good but there were grammatical and typological errors in my writing.

Such comments crushed me. They made me feel like I was not a good enough writer. If I cannot write a perfect blog how will I be able to write books? This fear almost consumed me. But I decided to rise above it and find solutions. I took online grammar and writing classes. It did not take long for me to learn because it was an excellent literature student back in high-school.

I took on the challenge to make my blogs more personal. This I did by reading many blogs by people I admired and decided to learn a thing or two from them. And after some time, my writing improved, and my following grew. I would not be where I am today if I did not overcome my fear then.

ACT WHEN UNDER PRESSURE

When you are under pressure you are likely to produce your best results. When you feel the pressure brought about by a certain fear that you have is too much, know that it is time to act and face that fear. When someone is being chased by thieves, he/she will make decisions in a split second on how they are going to save their life. This solution is something he/she may not have thought about prior to the attack.

At that time, you are being pressured by your fears you will find the solution. All solutions to all our problems are usually within us. This is why you have to actively take part in the process of eliminating fear from your life because the solution to overcoming it lies with you.

As you start achieving success you will be more motivated to keep going. Most times it is common to think that it is safe to face something when the storm has calmed. But with fear, there is no time the storm will calm. When you feel calm that is when you have let fear overcome you. And at the time you decide to face it again, the pressure will build back up.

Go and ride the storm. You are the one with the solution so you will decide your outcome. Affirm positive things to yourself as you take up this challenge. Even when you try something and it does not work you should not stop. You just discovered one way that will not work, one avenue not to use

again. Now get up and go try it again another way.

BE A PROBLEM SOLVER

In your quest to eliminate fear from your life you should not avoid your problems. In your problems often lies your fear in wait. You are afraid to face them because you do not know what exactly the outcome will be.

The solution lies with you. What do you believe? You should constantly tell yourself that you are going to get good results. Allow your subconscious mind to pick up on this and to manifest it in your life.

Be that person that is always ready to solve problems. Another way you can have a fearful mindset is when you let the problems accumulate. When you have so much to deal with you will feel overwhelmed and fear grips you as a result. Solve them as soon as they come. You will become more confident in your problem-solving skills and you will know that you can solve anything that comes your way. And this way you build your confidence.

STAY CALM AND COLLECTED

To build or uplift your self-esteem and confidence, you need to relax. Allow yourself room to be yourself and to do things or work freely without tension. Trust in yourself to make the right decisions or choices. It is when in a state of calm that we get to understand and see things clearly. Collect yourself and get composed and take on the projects or assignments handed to you.

With my company I found myself achieving nothing when I was rushing to get things done. Especially at the inception stage. Most of what I was doing was stressing over all that I needed to get done that I forgot how to come up with good working plans.

I would often start doing something without a plan. And as soon as I was in it, I faced a lot of challenges that made me feel like giving up. This built my fear again. I would constantly talk about starting a hard business. At this time, the only thing on my mind was the need to start making money again. I was not considering taking my time to make sure the foundation of my business is good, so the company has a great working system.

One day when I was working on a particular task I remember coming up

with a working plan. It was not something hard. I was going to pick up my license so I made up a list of everything the registrar may ask from me. I carried my papers with me and I felt confident.

While at his office, even though I was scrambling through the papers and my email to get what he wanted I felt good that I had everything. I left his office that day with three things, confidence, fulfillment, and my license. It was an amazing feeling.

From here I remembered my habit of always making a list for everything. And I went back to it. Before I embarked on any task, I made an execution plan that made me more relaxed and confident.

The solution to overcoming fear lies within you. And you will achieve it by building your self-confidence. Sign out of the pity party. Stop wanting people to pity you and the misfortune you have been through. You have to move from the negative way of thinking you are not capable of something to thinking that you have all it takes to be successful.

FORGET ABOUT PLEASING OTHER PEOPLE

The pressure to be a people pleaser is always present in our lives. Most people care about how people around them perceive them. I have always wanted to be described as a person who is nice and always there for his loved one.

During my years as a university student through to my initial years in my career, this desire to please everyone consumed me. I was always working to make other people happy at my own detriment. Everybody else's plans came before mine. Even when I wanted to do something beneficial to me like resting and reading a book, I would stop it and go do something another person asked of me.

This was my way of being there for my friends and family. To simply describe what I was doing I would say that I was saying no to me and yes to others. In life, you need to say yes to you so you can be able to make a better version of yourself. You are only going to be a useful person to others if you are better yourself.

I had the fear of what people would think about me. And this fear held me back from doing a lot of things with my life at that time. I wanted to start my writing earlier while I was still at university. I thought that I would write about my campus experience and narrate what people on campus face.

That would have been the perfect moment for me to write about that because it was what I was currently facing. But I was scared that my friends would laugh at me for being a writer. I was part of a "don't care" group back on campus. We did not care much about schoolwork but were mostly interested in going out all night and having fun. My friends said that your campus days are the days to sit back and have fun.

I was not of this opinion and would find myself hiding to study. Sometimes I lied to them that I had a class when I did not so that I could sneak to the library and get some readings done. I would even hide myself to research for assignments. Looking back, I would not have suffered this way if only I said no when I needed to.

I should have overcome my fear of what they would think and be myself. But it is not too late now because I live fearlessly now. I do not give much thought to what people think about me when I do not bend my back to satisfy their needs at the detriment of mine.

When I started working, I would waste most of my salary to go out partying with my friends and to buy expensive items to fit in with standards that they had set for me. In my social group, you had to be of a certain financial standard to be accepted by everyone else. My salary could not carry this lifestyle. But I still struggled to make it happen.

Most months I had no rent and no food to eat. I could not even go back to my friends and ask them to help me out. It was embarrassing when my car ran out of gas in the middle of a highway and I had to call a toll car service to come to get me to the next gas station.

I was maxing out my credit cards and taking loans all because I wanted to be accepted. I feared that they would think I was poor. And I did everything to try and fit in but in reality, I just dug my grave deeper.

At a very young age, I had terrible credit. My dad one day asked me how I had managed to mess up my finances in such a short time. This was when I had moved back home because my landlord evicted me for not paying my rent for a while. Moving back home was a step back in my life plan. And I knew it. But my fear was not allowing me to let go of these people and to live my own life.

It was after a conversation with my cousin who was doing so well with his life that I decided that it was time to let go of my fear. He and I are the same age and he had managed to accomplish a lot for himself at a young age in his life. He told me that he had to let go of all fears in his life so that he could have the opportunity to grow his life.

After our conversation, my eyes were opened. I realized that the pressure to fit in did not exist. It is a societal construct that binds us to unnecessary standards. And I decided not to let anyone have control over my life other than me. It was time to take charge and live my life better.

Around this time when I decided to take control of my life, I came across

a short minimalist article online that opened my eyes to minimalist living. The minimalist lifestyle insists on living as per your needs and doing away with wants. I learned a lot from follow up research that I conducted and reading more books on the same.

The lifestyle taught me that I did not need these friends who made me live my life in fear. None of them accepted me for who I was and we did not share any life goals and visions. Their vision of life was tied to short term joys while I was looking at the long-term results, the bigger picture.

REALIZE YOUR SELF-WORTH

You do not need other people to accept you for you to feel validated. Your life is complete as is minus all the external acceptance that you might crave. All you need to do is learn and work on ways to make yourself better every day.

In the past, I was mostly afraid of what my friends would think about me instead of focusing on making the most of every situation that came my way, instead of constantly working on bettering myself, I was fixated on pleasing people who didn't really care about me.

When you realize the value of your life and get the realization that your life is precious you will stop giving it to others at a discounted price. I was then and I am now a very smart man. I have the ability to think about things and come up with good results. And instead of focusing on this and working to make myself better, I was wasting away my life and talents with people that did not share my life vision.

When you are in the process of realizing your self-worth, you will be intimidated and tempted to think small. You may look at your life and think that you have not achieved much yet so there is nothing good coming from you. But the keyword is yet. It is never too late. Even the greatest of strides begin as small steps.

You can still pick yourself up and start working on your success. Colonel Sanders, the founder of Kentucky Fried Chicken (KFC), had gone through multiple failures in his life before he achieved his financial freedom. I love reading his story of how he rose to be the owner of a fast-food franchise.

Sanders had suffered a lot of economic loss. He had many jobs that did not end well for him. But what gave him his big break was his fried chicken recipe that he had learned from his grandfather. He had had this recipe for the longest time in his life but did not know that this would be his saving grace. He was able to achieve so much with it and today we all enjoy the special chicken.

I love his story because it is a true indication that what we need to get better in our lives lies within us. He had the right mentality too because he never gave up and knew that one day he would get to his break. Even though he suffered a lot of misfortune he did not have a victim mentality. He always picked himself up and kept whenever he fell on working to achieve his goals.

At the time I moved back to my parents' home I cultivated within myself a victim mentality. I was constantly looking for someone to blame for all that had befallen me yet it was my fault. I did not want to own up and take responsibility and as a result, I became so angry and depressed. My life was not going as I wanted it to and that angered me.

But my cousin helped me see that looking for someone to blame only drained me. It was not making me any better because I was not solving my problems. Actually, I feared them and was constantly running away from them. How was I going to go back in and fix the mess I created?

Free your mind from thinking like a victim. Of course, you were wronged when people you were around used you and only kept you around them to achieve their own selfish gains. Do not allow yourself to harbor resentment towards them while feeling pity for yourself. Pick up your broken pieces, heal and move on from them.

Allowing yourself to wallow or drown in your sorrow will only increase your pain and not lessen it. You might become a burden to those around you because you are not only draining yourself but will also drain them by always playing the victim card whenever you are around them. Remember nobody likes a cry baby! Boost your self-confidence and brace yourself for the next adventure.

I was burdening my parents who were already housing a fully grown man. My wife was my girlfriend then and we almost broke up because I was not maturing up and taking responsibility for my actions. She hated that I always had someone to blame every time something went wrong. One day she said to me, "John you have a lot of potential, but you choose to waste it and blame others whenever things do not go your way."

When you take responsibility for your actions, you are in turn taking control of your life. I admitted that I was the problem and I took control of

my life because I proposed to change and make everything better. I decided that it was time to get my life on track. And my new minimalist lifestyle helped me shape my life. By living by what I needed I had enough money left to pay off my debts and find a new apartment.

I was no longer being governed by what people thought about me but what I thought about myself. And I always took responsibility for all my actions. I became the captain of my ship, sailing it in whatever direction I deem fit.

DO WHAT MAKES YOU HAPPY

To stop being a people pleaser, start doing what makes you happy. Do not be afraid of being called mean and other such words. If the people around you are truly your friends, then they will understand why it is important for you to indulge in your likes. Because that is what brings you happiness.

When I do activities that I love my mind is at peace and my body relaxed and this allows me to think better. I am more productive in this state.

I had to let go of all toxic relationships for me to be able to do what truly makes me happy. This was unfortunate because I had known most of these people for years. But it needed to be done with them for growth to come into my life. I still have a love for them and wish them the best. We both went our separate ways on good terms, and they know that they can hit me up when they need something, and I will be there for them. What I stopped doing is always putting their needs before mine at the expense of my joy. Those who did not understand this went their separate ways, amicably.

Think more about what makes you happy than what makes another person happy. Respect yourself enough to be happy despite what others may think of you. You will find that it is a lot easier being around them when you are happy with yourself.

I am not saying that you should be blind to other people's feelings or thoughts, but it is more of valuing yourself more. To be able to respect others you have to be at a place where you value yourself.

BOOST YOUR SELF-AWARENESS

For you to stop living your life to please others you need to know what

pleases you. And this is by being more self-aware. Knowing who you are and what you need in your life will help you overcome fears like the fear of uncertainty.

The only reason we work towards pleasing others is that we want them to validate us. Another person's validation should not be your only source of fulfillment. It is human to want to feel accepted in a group of people. But even as you want this you should also have a deep desire to know who you are.

Knowing who you are will give you the opportunity to stop living to please others because you have already validated yourself. You know what you want to be happy and you have gone out to get it.

Self-awareness also gives you self-love, respect, and knowledge. Your flaws will no longer put you down and you will not be fearful of them because you understand yourself. You know why your life is as it is, and you will work on making it better. With the deeper understanding of yourself that you have, you will also be in a position to work on your flaws and manipulate them for your benefit.

When I made the decision to move from my toxic relationships I felt so alone. These people were a huge part of my life because they gave me validation. I had lived my life for their approval for so long that I forgot how to live for myself again. When I left the relationships, I was lost in my own world. It was foreign to me yet it was my world. And the reason it was foreign was that I had been away from myself, always working on getting other people's validation that I did not know how to make myself happy.

Through my minimalist lifestyle, I embarked on a self-awareness journey. I took time off to discover myself and remember who I was. This was an enlightening journey where I did a lot of meditating to self-reflect and I took part in so many new activities to see what would appeal to me.

I was able to build better hobbies and likes. Within a short time, I fell in love with myself and I did not need to be validated anymore. I started enjoying my own company and doing things for me gave me so much joy and fulfillment. Even getting myself a coffee from the small coffee shop near my office gave me so much joy because I was doing it for myself.

I no longer had the pressure to fit in or to do anything for anyone at my own discomfort. And my fear of what people thought about me began to slowly fade away until I could not remember it anymore. Because I was so busy loving myself and living my life.

Groom yourself into a world that you are familiar with and learn more about yourself, your potential, and your abilities. Discover the undiscovered within you. In doing so you not only boost your self-awareness but also eliminate the fear and anxiety of all the unknown living in you.

KNOW WHEN TO LET GO

There are times you need to hold on and there are times when you will need to let go. Whenever you feel pressured to do something for other people and you know that it will be at your detriment you need to let go of such feelings. By extension, you would also need to let go of such relationships because they will probably always put their needs above yours.

Ask yourself why this relationship is bringing so much unnecessary pressure into your life. Why is it making you consider living your life differently from how it already is?

Learning to let go means it is okay to say no when what is proposed does not favor you. I know the fear associated with saying no. It feels like such an easy thing to say but immediately you start or attempt to say it, the word "yes" comes rushing out of your mouth. It did not rush out accidentally. You allowed your fear to consume you and make the decision for you.

Mastering the courage to say no is a skill that you have to practice and learn every day until you perfect it. You are not saying no to everything. All you are doing is letting go of everything that is not benefiting your life. You are choosing yourself and saying yes to you while letting go of everything else that is not good for you.

Letting go could mean walking away from something. It can be time for you to walk away from that relationship. It was time for me to leave my job and I needed to do it. Apart from my staying in the job because of my assured salary I also stayed on because I did not want to disappoint my bosses.

They had been so good to me all through and they paid me well. I felt like I owed them my staying in the company and working for them. But I owed it more to myself to resign and go and do what pleases me.

You may think you are happy because you are in your comfort zone and everything is easy but in reality, you are being tormented by how things would have been had you taken the risk and succeeded. The only way to find out is to actually take the risk.

BE UNIQUE

It is okay to be different from what everybody else is because we all have different personalities. We cannot all have the same characteristics and behaviors. You do not have to follow the crowd in order to belong. Being you simply means being in a space where you are happy with yourself.

You will stand out because you have embraced your difference and you are proud of it. Sometimes we have the added pressure of pleasing others because we idolize them in our minds. We think of them as being perfect and we would do anything to be like them.

There is absolutely no need to have such low self-esteem. You are perfect just the way you are. And where you feel you can be better than what you currently are, work on getting better. But do not stop living your life because you feel it is not perfect or does not conform to the standard of a life lived by others.

THE FEAR OF CHANGE

Change is a way of life. Everything has to change for it to grow. A planted seed has to undergo changes for it to germinate or else it will just stay in the ground and rot. A baby has to change from only taking breast milk to solid food for them to grow. They undergo the teething process so they change from being toothless to having teeth. And later on, in life, they shed these teeth to grow a permanent pair which aids their transition from childhood to adulthood.

Resisting change is resisting life. It is common to embrace change when it does not bring you any additional responsibilities. I remember I used to love change and all the new experiences that would come as a result when I was a young boy. Every time our lives changed was an amazing time for me. Like when we were moving to a new house in another State. I would be happy to be in a whole new environment that would make me experience new things, new surroundings without any new responsibility.

As I grew older and the responsibilities that I dreaded started kicking in, I gradually became terrified of change. If we were moving to another house it meant that I would have to help in the packing process, an experience I was not used to during my early childhood years.

After some time, I started to pray for a permanent job for my parents, so we did not have to move again, all the constant moving from state to state was because of constant job transfers that they got. I dreaded packing and unpacking so much that I remember a time when we moved to a new house when I was fifteen and I did not unpack my boxes because I wanted to avoid the whole process altogether in the event that we would have to move again. I would take out something from a box and put it back in it when I was done

with it.

Moving to a new school and making new friends was another fear I had. I had just started getting comfortable in the place we had recently moved to, made new friends, and got comfortable with them only to be told that we had to move again? This greatly irked me. I was always the new kid in school and would always struggle with fitting into the new schools because I feared making new friends.

My fear made my parents feel guilty about having the job they did. They felt like they were ruining my life. I had become such an angry teenager who always threw tantrums and raised his voice at his parents all the time.

They sat me down one day to explain why their job was like that. Each time we had to move it meant that my parents had been promoted in their job and they were being transferred to a bigger office.

A promotion meant more benefits and more money. And moving gave me the opportunity to travel, experience different things, and go to the best schools. I was so fixated on the negative aspects of the change that I did not appreciate all the good that came my way.

When change happens, it is good to look at the pros and cons of the change. Before you develop a negative attitude towards it and try to block it you should look at what it brings into your life. Most times you may be resisting change because you are so comfortable in your comfort zone and you do not want uncertainty.

The fear of change brings about the fear of the unknown. You become uncertain of what the future holds. If you are anything like me then you are someone who likes to be in control of everything. I used to be the person who planned everything to the end result. I hated surprises as all my steps were calculated to precision before they were actually taken. This view on life eventually made me frustrated and depressed because I always ended up disappointed whenever things did not go my way.

I had planned everything in my life including the birth of my children. With my firstborn son, the doctor told me that everything was okay with the entire birth process and assured me that my wife would be able to deliver normally. I formulated a plan as per his instructions including having the exact money that would be needed for normal delivery. Everything went according to plan until the actual delivery day when complications arose and the doctor told me that my wife would need to go in for an emergency C-Section.

Instead of asking what the problem was, I was busy telling the doctor that was not the plan. We were scheduled for normal delivery and that was how my wife was going to deliver. After a few banters I was able to understand that my son had the umbilical cord strapped around his neck and his heartbeat rate had begun to go down.

I needed to sign the consent form immediately and let them do the procedure to save both mother and child. My fear of change would have cost me, my whole family, that day. Looking back at it, I find it funny how my fear of change had almost made me question a trained medical officer who was just trying to help me.

I would have lost both of them because I did not want anything to change from how I had planned it to be. We even ended up staying at the hospital for more days than those that I had expected which kind of angered me. It also strained me financially as I had not anticipated anything going outside my plan and only saved up enough for a procedure that did not go according to plan.

Everything in existence is subject to change. If it does not change then it is dead. To grow you need to change. Your comfort zone is your enemy. You need to leave it for you to discover new ways in which you are going to grow yourself. Or else you will just be inviting suffering into your life.

You suffer because you are trying to hinder change yet it is going to happen either way. Change is a powerful thing in life that needs to happen to open doors for better things to come into your life.

When you try to stop change you are welcoming calamity into your life because when change does happen despite all your attempts to hinder it you will become frustrated. And frustration often leads to depression. Anxiety too will come into your life because you will be in constant fear of change sneaking up on you at any time. The resistance to change does not do you any good.

When you experience a change in your life you become more efficient. You learn a lot of things and become better in so many ways. Change makes you more relevant because you are aware of how to work with what is going on at that moment.

To beat the fear of change you have to accept that change is inevitable. It will always happen, so why not prepare for it?

We live in a dynamic world that is changing by the second. Things are different today than they were yesterday and competition has gone high. These days not everyone is out to look out for other people. People have become self-centered and only care for what will benefit them often to the detriment of others. People have developed a newly found competitive edge that makes them strive to be better than everyone else. If you resist change and fail to shift your mindset you will fall back the pack.

How you change determines your brand. It determines who you are and how you are going to perform various tasks in society.

My father was not open to change. He stuck to his analog ways and it started to affect his work. I remember when the world started going digital and files were sent through email instead of the mail, he got really angry. It did not sit well with him that he would have to invest in computers and the internet so he can keep up with the changes. His resistance to change made him take time to learn how to use the new technology and he fell back in the competition which jeopardized his job.

I also did not like change. Especially change in organization and planning structures and systems. I would get so angry when I went home and found that my wife had changed the organization of the furniture in the house. The fact that I had to get used to the new way of living was heavy on me and most times I demanded that everything is returned to how it was.

But when I became a minimalist, I appreciated this change. Because it helped us arrange the home better by keeping what is most important to us closer. Sometimes my wife was resistant to changing things back to how they were before, and I would find the new organization growing on me. I learned to appreciate it because it made the house better because everything was in sync.

Change will only hurt when you do not accept it. Everything is bound to change at some point. Accept this and work towards the change so you are not caught off guard and you can embrace it better. Companies always have to make plans to embrace changes that will come so they are not phased out by suffering major losses. Even governments have different funds to provide relief for when a calamity strikes, for example, emergency funds to tackle floods, hurricanes, or pandemics.

Accept change and prepare for it so you can embrace it better and give it

an opportunity to make your life better. You cannot control everything and change is certainly something you will never control. Be open to it and welcome what it has to bring. This will help you live above the fear of uncertainty.

OPPORTUNITY

With change comes new opportunities. Change is new. Opportunities are also new. When things change, new opportunities emerge. You need to change so that these opportunities can become relevant in your life.

Change gets you out of your comfort zone and makes you work towards new and better things. When I resigned from my job and left the high esteemed position, I had moved out of my comfort zone. My position in that company was so good that they paid me benefits that almost equated to my salary. I was able to give my family a beautiful home, nice cars, and my sons attended the best schools.

My job allowed me to surprise my family with expensive, luxurious gifts because I could afford to do so. Leaving seemed like the worst mistake ever. But the job was my comfort zone. I was so comfortable with what it was giving me that I forgot what I wanted for myself.

From my company, I got the opportunity to spend more time with my family and still earn good money. I was not always away at work, working late hours. Now I had people working under me that I could delegate work to. I was earning more because I was the boss. My family even got a better life than what I was offering them with my salary.

You never know how better your life can get unless you agree to make the stride towards the change. If I allowed myself to remain captivated in my fear and stay in my job I would not have achieved as much as I have in my life so far.

Being my own boss has also helped me to become a better motivational speaker and author because I have the time to do so. I am not on strict working hours where I have to report to work every day or I risk being fired and I can take off days when necessary to go write or speak to people.

PEOPLE MAY NOT UNDERSTAND

Imagine the reaction on people's faces when I told them that I had resigned from my position at the luxurious company I was working for. I also thought I was a little crazy for doing it. The company even gave me two months' leave days to sit and think if I really wanted to leave.

Who wants to leave a job with all the benefits I had to go into the uncertain economy and start their own business? The company was even giving me retirement benefits at thirty-two so why would I want to leave? I was traveling first class and experiencing a lot on account of the company so why was I leaving?

Do not let people's lack of understanding hold you back from undergoing a necessary change. Do not be fearful of the backlash you will get from them. They are doing that because they do not understand how this is important to you and your life growth.

Sometimes in my life, I allow this backlash I get from people to control me and stop me from making a certain change. Then later I regret that I listened to them. I imagine how much I would have accomplished had I done what I needed to and I feel terrible that I allowed their noise to get into my head.

As long as you understand why you need to do it then that is all you need. You only need your validation for you to make changes. Stop relying on the approval of others because those that do not understand will impose their own fears on your life.

TAKE ACTION

Talking about change is one thing and taking action to implement it is a whole different thing. Most times you can sit and talk about a change you want to make and then shy away when the time to take action comes. This is one of the reasons I wanted to start my own company. I wanted to have a field where I could make plans and actually implement them.

I would pitch an idea to my bosses on different aspects that the company needs to change to serve the clients better and earn more money. Sometimes the pitch went well and we would have a discussion around it and agree to move on with my ideas.

Then when the time to take action comes my bosses would back out and say they are not ready to take on such risks at that time. I was given excuses that mainly revolved around suggestions that the company was not in a position to actualize the ideas yet I had already seen the books and the company had enough to make the changes. My bosses gave in to their fear and backed out to stay in their comfort zone so that they remain safe from losses that could have been the outcome.

To make the change bearable it is good to break it down into small chunks. Break down your changes into tiny bits that you can chew easily. You will build momentum with these small steps because you will be able to accomplish different things as you go.

Break down your action plan to make sure the change does not overwhelm you. As much as change is good, the goodness in it may be missed if you hurry in making the change. It may overwhelm you and end up frustrating you, awakening other fears.

CHANGE AFFECTS MANY PEOPLE

When change happens to you it will have an effect on those close to you. Some of them will feel the effect directly while others may feel it indirectly. My family and children were directly affected by my resignation from the company. We were all enjoying the benefits of the job. My family had to accommodate me in our home because they were not used to seeing a lot of me.

You can fear how the change is going to affect those close to you and it may make you not deviate from taking action. My parents feared taking up jobs in other places that would make us move because they saw how it was affecting me negatively. There are many times I held myself back from resigning because I did not want to affect the stability of my family.

Be aware of this fear. The best way to overcome it is to know that the change is going to bring even better results. I am sure that you are a responsible and positive person and you would not allow a change in your life that is going to affect others negatively.

Do not feel chained and stopped from following some change because of how it will affect other people. Take the changes gradually to ensure that the ones that will be affected can also adapt to the new way of living slowly until they get used to it.

LEADERSHIP

When you decide to change you become a leader. You are a leader because you are learning a new way of living. As you learn you adapt to it and teach yourself how to live that way. And you will be able to guide those around you on how to make the changes you made in their lives.

I have coached many people on how to change their lives to the minimalist lifestyle. This I have done through my blogs, books, and the motivational talks I give. Because I underwent this change myself, I learned a lot through my journey that I can share to make sure others do not struggle with it. Also, because I have gone through it, I am in a better position to demystify the many myths that come with this lifestyle.

Be a person who always fulfills their promise. If you say you are going to make a change then make sure you get to the end of it. See your plan to completion and fulfill your promise. Do not leave it halfway. This will make people trust you and see that you are serious with yourself and what you do and they will be able to follow in your steps.

GET LIKE-MINDED PEOPLE

While change can be difficult for someone committing to change is a totally different experience. There are hardships you may face and feel like it is time to go back to how things were. Many times, I faced challenges during the incorporation of my company that I felt like going back to my previous employment to ask for my job back.

Get yourself, accountability partners. People who will walk the journey with you and keep you accountable. They will keep you going all through and give you motivation when it feels hard.

A little help from the right people will go a long way in helping you achieve your goals.

When change feels overwhelming to you and you start to fear the outcome ask yourself these questions:

- How badly do I need this change?
- Is it going to fulfill the purpose of my life?

If you want it badly and you know that it is something that will bring positive results in your life then beating your fear will not feel like a heavy task. You will actively work hard to make sure you beat all your fears so you can get your desired results.

Your fear of change is caused by the uncertainty that comes with change. Write down a plan on how you aim at executing a change. Where the change comes unexpectedly, and you have not prepared for it, make a plan on how you are going to deal with it. The idea is to break it down so the change does not feel overwhelming.

DO YOU LIVE IN THE PAST OR PRESENT?

What is. Your mind has convinced you that the past is better than your present. This is fear. You have been fearful of your future that you have convinced yourself that your best days are gone. They are behind you and may never come up again.

During my interactions with people when I go to seminars where I have the opportunity to give my motivational talks, I meet with people struggling with different aspects of their lives. Most of them tell me how their best days are gone leaving them with little or no hope at all when tackling the present or future. If the person is sick, they will say to me, "John my days of good health are gone and now I am here battling this disease."

One lady walked up to me after one of my talks and told me that everything good on her life has come to an end. She felt like her present was time for her to face gray days probably because of certain negative things that were at that time happening in her life. As she spoke, I could see the fear in her eyes and could tell that she was a hostage living in her past. She kept on cursing her own life by putting herself down.

I sat down with her to keep listening to her story. She told me about her husband who died after a short illness. They both had a business together and after his death, the company suffered a lot of losses and went into liquidation. This lady had convinced herself that her good days died with her husband and were buried with him. To her, the good days would roll back in when her son gets a job and starts to take care of her.

The boy she was referring to was only nine years. She was prepared to keep struggling for another decade and a half until he was done with school for her to start enjoying life. I started to explain to her the power of the subconscious mind and explained the difference between her objective and subjective mind.

Because she was living in the past, she had brought in negativity into her present life by concluding that good things will never happen to her again. Her subconscious mind had manifested in her life the hardship she was feeding herself with and made it her reality. As we concluded our talks, I asked her to go home believing that her best days were yet to come, That in so far as her career was concerned, she could always make an attempt at reviving her business where she would have sole control of all its affairs I explained to her that she had all that it took to re-open the business and flourish in it. All she needed to do was believe that it would be a success. I also tried to make her overcome a feeling of dependence she had on others coupled with the victim mentality I saw she possessed.

She sent me an email a year ago to tell me that she re-opened the business and has signed a deal with two investors who are looking to franchise her supermarkets. Her life is better now than it was when her husband was still alive. She thanks me for opening her eyes to the abundance that was in her and for yanking her out of her past. She did not know that she could live in her present and succeed.

The past is behind you. It is a place you should visit to reminisce on some memories and then go back to living in the present while working for your future. You are not meant to dwell on your past. It is in the past for a reason and there is a reason you are here now and not in your past. Stop wishing that past scenarios manifest themselves in your life again. Go out and make the present better for yourself so that you can experience more blessings and glory.

Sometimes after having a few wins we are prone to hanging the trumpet and feeling that we have achieved enough. We feel like there is a limit as to how much we all are supposed to achieve and feel like you have reached your peak. This is captivity. You can only achieve as much as you think you can. There is no limit, it is in your mind. If you believe you can achieve many things you will achieve them if you work towards them.

I used to fear that I have been having good luck for long and something bad is going to happen soon. There is a misconception in society that after a series of good happenings in your life, you must experience bad luck. This is a mentality. If you feed your mind this the subconscious mind will absorb

this information and manifest it into your life.

First, stop calling your hard-earned success luck. It is not luck. You have worked towards it and managed to get it and you deserved it. Feed your mind positivity so your life can always have success and blessings.

Even when you face a setback do not feel like you will not progress from it and be better. A lot of good things will come into your life. Setbacks are there to give you lessons on how to do your work better. Embrace them and work on better ways to grow.

THE PAST IS A LESSON

Your past is a lesson. It is a place you should visit if you want a memory of how things were so you can learn how to make them better. If you lose your job do not feel like your best days are gone and you may not be able to get better employment. Losing your job although a negative gesture can be the biggest blessing in your life.

Your days of having a secured salary may have been nice but maybe you are being pushed to better in your life. When one door closes another one usually opens soon after. The other one had to close to push you towards another door that often comes with an entirely new set of blessings.

Some of the young people I talk to tell me how they lost their jobs and instead of applying for jobs in positions their qualifications merited, they scale down their ambitions and find jobs in lower positions that do not match their skill sets. One young man told me that his dismissal from his position meant that he probably was not ready for the position he was holding so it was time for him to take a step-down. This to me was a flawed method of thinking.

He planned to start low and probably with luck he would succeed in securing promotions. For him, his best was behind him and it was time to face the "bad luck" he thought was coming his way despite his relatively young age. He was still very young with a lot of potential and untapped energy. His company had only let some of their employees go because they were about to face liquidation as is common in any market situation. He had all it took to be successful but he was downplaying his own abilities.

I told him that he had managed to doom his own life by feeding negativity to his subconscious mind. All the negativity in his mind was what was being manifested into his life. Instead of looking at his past as a lesson, he looked at it as his best days that may not come again. His past was holding him back.

He had the ability and the skills to apply for even better positions than he had before but could not get himself to walk past the setback that he had faced.

I meet people like him all the time and what I tell them is that their past experiences are meant to serve as a learning curve, we are not meant to dwell on them. Better days are yet to come and what they need to do is believe that is so and work towards it.

All mistakes you made in the past are in the past. Stop feeling guilty about them today and move on from the guilt. Just because you made a mistake in the past does not mean you will make a mistake now. You have learned from it and are now very capable of making better decisions in your future for good results.

LIVE IN TODAY

Do not live for yesterday but live for today. You are living today so what is making you dwell on yesterday? Another common mistake most people do is dwell on the future and all the uncertainties that may come with it which often leads them into having a fear of the future.

Be sure that if you live today and make the most of it then your future will be secured. Take your finances for example, if you are intentional with how you spend money today you will secure financial freedom for your future.

Living in today does not mean you exhaust all resources that you have now. It means that you should be actively present for who you are today and what you are doing today instead of living for who you were yesterday.

After my resignation, there were many times when I sat and dwelled on how much fun and security the company gave me. There is this thing of feeling like things were not as bad before so there was no need to have left them. I felt this in relation to the job and toxic relationships, I moved on from.

I started to feel like they were okay and there was no reason for me to have left. Especially the friendships. I held myself back so many times from texting them and asking to rekindle the relationship that we had. When you have moved on from hurt you do not remember how painful the experience was.

One time I hit up one friend and we went for a few drinks. That was all I needed to remember why I left the relationship in the first place. All the qualities in the friendship that I did not like manifested during the drink-up and I was able to understand why I needed to stay away.

Work now. Stop thinking about how things were better before. You can achieve more and better now. The limit is in your mind. You put it there and you can remove it. Do so and become better for yourself. you owe it to yourself to be better today than you were yesterday.

I tell people during my talks to have yesterday them as their today's competition. You should always strive to be better today than you were yesterday. This is a good way of assuring yourself that you can be better today than you were yesterday. It will give you the inner drive to work harder every day because if you were able to break yesterday's barriers, you can do better today and lead yourself to greater heights than you thought possible.

TAKE SOME TIME AWAY

Taking time away to come up with new strategies for your life is good. I encourage it because it is healthy. You will have time to meditate and have another plan for yourself. It is good to do this especially when you feel like your best days are behind you.

This time will teach you what you had done in your life before and what lessons you can learn from it. You will be able to retrace your steps and see what went wrong that caused your setback.

With every setback, there can always be a comeback.

You can always heal from a setback and even come back to the top. Remember the limit is in your mind. The rate at which you grow is guided by how you picture it happening in your mind. If you envision slow growth, then you will most likely take forever to reach your goal.

As I said the past should be a lesson. Your time away should be used to meditate on it and to learn how to make your life situations better.

Also, use this time to detach yourself from the past. Promise yourself to live your present life better. Make a promise not to dwell on the past and not

to be fearful of the future. I took a short time out on vacation after my resignation. Being by the ocean calms me so I took a vacation to a small island. I took the time to meditate and ask myself what I want in my new life and how to make my transition worthwhile.

I took this break after I started facing problems with the incorporation of my company. The reason I had problems was because I was hanging on to the past. Each time I faced an obstacle, I would often remember that it still was not too late to ask for my job back. I was not giving my new company my all and that is why even the incorporation was giving me problems.

During this time, I told myself that going back was not an option. I burnt that path and promised myself that forward was the only way to go. Still, during my vacation, I drew up a vision board and wrote down my goals and my plan. I was going back fully equipped with all I would need to make my company a success. This company is my third born baby. And just like a baby needs attention and nourishment during the early stages of life so would my company.

My wife tells me that when I returned, I had a fire in my eyes she had never seen before. The fire of determination. She says that she has never been more confident in my success than at that moment.

CREATE NEW MEMORIES

The memories of your past are not your best yet. You can still work on making better memories for yourself. By outshining the yesterday version of you. Self-competition is healthy and encouraged. You are not competing with other people who are running a different race, but you are competing with yourself and running your own race.

I have better memories of my working life now than I did when I was still in employment. My employment days have become distant memories that I rarely think about because I am excited about all I have to achieve. And not only my achievements from working in my company but also being a motivational speaker and author.

If I gave in to my fear and stayed in employment, I would have never explored motivational speaking and being a self-help author. And this has been my greatest achievement. Knowing that my work touches the lives of others and makes them better is fulfilling to me.

Better days are yet to come. Today's experiences are about to be outshined by the tomorrow you. Get excited about this and work towards it. And get ready, you just discovered how to make your life better! This just got real and interesting.

STOP VICTIMIZING YOURSELF

Living in the past will have you hosting pity-parties every day of your life. You are going to start reliving past experiences and traumas that caused you a lot of pain. And your pain will convince you that nothing good is coming to your life.

Heal from these traumas and move forward from them. Because it is a memory it cannot be erased but you can make the decision not to dwell on it. You can make the decision to live your life in a different way so you can be better than you were at that time in your life.

Bad experiences happen to everyone. Stop thinking that those that picked themselves up and kept moving forward had some luck. They used all the resources that were available to them and pushed themselves forward from the setbacks they experienced.

We all have the same free resources in life. One of them is time. If you waste it thinking about the past and how things were, you will miss out on the present where you can change the experience. The present is where all your opportunities lie. Not the past.

Stop replaying the past in your mind over and over again. You are just giving power to your fear by doing this. Rise above it and decide to be free. You hold the key to your freedom. Use the key and open up the door to your free and prosperous life.

DECLUTTER YOUR MIND

Declutter your mind to remove all unnecessary thoughts swimming in it. I have written a book on how to declutter your life so you can achieve financial freedom. This was inspired by my minimalist journey.

Having so many thoughts in your mind at once gives your fear things to feed on. Because you will have memories of your past bad experiences which you will think about from time to time and become even worse.

When you declutter your mind, you remain with only useful thoughts. My time out after resigning from my job helped me declutter my mind from thoughts on how my life used to be and to start thinking of how my life is going to be. I left in my life only things that will make me have thoughts about my new company.

The first thing I did when I returned from my vacation is, I gathered all the company's items that I needed to return and returned them. There was no need to keep them and wait for two months to elapse, yet I had made a conscious decision to walk away from the job. I was burning that bridge so that there would be no going back by making my resignation official. All other items in my home that reminded me of the company were removed from my sight.

By decluttering my physical life, I controlled what I was seeing which made it possible for me to have control of what I was thinking about. I decluttered my mind from the past to focus on the future.

TIME IS STILL IN MOTION

While you dwell on the past, time is still moving. It is not waiting for you to come out of your daze. People are still making moves out there and you remain more behind every day. Wake up and move. Get the past out of your mind. Only progress with the lessons you have from it and stop dwelling there. The past version of you is gone. Now focus on the better version of who you are today.

Having the realization that time is always moving will help you live in the present. Because you will be focusing on what you need to do today so you remain relevant and at the top.

Always want to discover a new version of yourself. If you live in the past you are only focusing on the past you who does not exist anymore. You have changed from that person and now have better things to accomplish. Live in your present so you can accomplish what you should in this season.

ADOPT A MINDSET OF GRATITUDE

The practice of gratitude is of major importance in our lives. Being grateful for what you have and who you are is an important aspect of living a happy life. If you keep dwelling on what you do not have and all that you have not achieved, you end up living in fear and often harbor discontent in your life. Always having to question why you did not accomplish something may lead you into an anxiety-filled life.

I remember the period before I left my well-paying job. The thought of leaving my comfortable job gave me chills. All I could think about is the fact that if I left, I would be losing big time, that I would be left with the shorter side of the carrot stick. Never had I thought that in my leaving, the company would be losing an asset.

The fact that I simply was not grateful for who I was and what I had led me to be fearful of even venturing out on my own. It took me three years for me to put my plan into action. Changing the way you think about something or a particular topic all comes from within. It has to be voluntary. If you feed positivity into your conscious mind, your subconscious mind will then definitely feed on that.

You will learn how to appreciate yourself and what you have. And even appreciate your plans for what you will get you in the future.

During a motivational talk I was giving to high school students one summer, I met a dyslexic boy. This young man walked up to where I was seated during recess and told me of how frustrated he was in his academic life.

For a moment, I was destructed by how built he was for a high school student and asked what sport he participated in. He explained that he was the quarterback of the football team but was always almost being kicked off the team for his poor grades. The fact that he was on the team got me thinking as to how he mastered all the markings and details on the field. He explained that he has the ability to master things when spoken to him as his coach and teammates do.

I then understood that he can learn fast when lectured to and urged him to ask the school for permission to be allowed to record his classes. For a long time, he has had to struggle with the fact that he is dyslexic and believed that he could not do better at his schoolwork than the meagre grades that he got. He did not appreciate that his fast learning mind got whenever information is shared through word of mouth that for such a long time, he downplayed it.

You need to be grateful for everything about yourselves and should learn to be proud of them regardless of what anybody says or thinks. But before others change their minds about you, you should be at the forefront of it all. Adopting a mindset of gratitude may not be easy but is worth it in the end.

Two years after my talk with the boy during that summer, I got an email from an anonymous writer reminding me of that day. He said that he completed high school and got a scholarship to Tennessee to play football.

It is important to practice being gratuitous whenever you feel feelings of fear engulfing you. This way you overcome that feeling of fear that threatens to engulf you by being appreciative of the current scenario that you are in.

Gratitude is the key to living a happy and fulfilled life.

LOOK FOR THE GOOD

We often find ourselves in scenarios where we are fearful of new challenges that might come our way to a point where we can not overcome them to our benefit. Sometimes we lack the courage to believe in ourselves and our capabilities because of this said lack of gratitude. It took my assistant quitting alongside me for me to actually appreciate myself and my contributions. I did not know that I was considered an asset by my bosses. I found it odd that they should value my services to such a great extent.

We often tend to run away from challenges instead of facing them as I did. But in the long run, they catch up with us. It took me three years to stop running from the goal that I had set for myself. To get peace of mind, I had to accomplish that which I had set in place and get the ball rolling. My wife said

I should do it to prove myself wrong. She already knew that I could achieve my goal because she saw the good in me that I even could not see.

I went into the business with a skeptical mind. Always predicting losses over it and drops in the market before it could get off the ground. I could not see the good in what I was doing. It was not the first business venture in the market but what I failed to see is that it was unique.

Knowing that everyone has a different personality from the other is what makes us different, so does it make our business unique from one another. Whatever type of energy we feed into the business; we reap. From then on, I took the initiative of feeding positivity into the business and to my employees no matter how small in number they were at the time. This gave my business an edge over competitors because the service we rendered was an embodiment of the positive energy that I fed into it.

Being happy in all seasons of your life goes a long way in appreciating yourself and your efforts. To be happy when you are facing an overwhelming challenge is something to be grateful for. This is because it gives you hope for a better and easier time in your tomorrow.

Instead of being fearful of such challenges, it would be better to be grateful that you are in a position where you can experience them, and use them to your advantage to better yourself.

JOURNAL

Form a habit of manifesting great things that will happen in a day at the start of your day. It does not matter how insignificant you think it may be. Walking six thousand steps a day in your weight loss journey is still considered a milestone; it still remains a goal you needed to achieve towards your weight loss journey.

Before leaving my job at the company, I remember keeping a journal of all the things I intended to achieve before the end of the day. Whether it was closing a deal or picking my sons up from soccer practice. I wrote it down. I made it habitual to be intentional in everything that I did. This worked wonderfully for me because it enabled me to keep track of everything happening around me. Be it in my parenting or at my place of work.

Keeping that journal enabled me to highlight the success I had achieved in all my years at the company. Whenever I felt that I could not complete a

task within the expected time frame I found myself consulting my journal and it never failed to remind me that even with a ton of work waiting, I still managed to check off my goals at the end of the day.

In writing down your goals in your journal you overcome the fear of not being competent enough or not having enough time to do it. Having a list of things to accomplish before the end of the day becomes your motivation to work within the time limit and to use all resources available to you to accomplish the task.

Journals help in keeping us organized and also eliminate the feeling of being overwhelmed by what you are to tackle. Having a journal in businesses like event organization is actually what helps them plan every detail to the T without feeling overwhelmed by the task they are to manage.

Write down things that you are grateful for and things that you want to achieve and then work on making your day as successful as possible.

EXPRESS GRATITUDE

Being humble and showing our gratitude to others is a value that has been instilled in us since childhood by parents, guardians, and teachers at school. It is courteous to say 'thank you' or 'you are welcome' to others when the need arises.

Being grateful to others for their assistance is of importance in our daily lives. After leaving my job, my sons did not fully understand why their father was home most of the time when it had never happened before. At that time, I did not have the right answers for them and asked my wife to handle the questions on my behalf.

Two days after their talk, on my way back from fetching them from school, they both had my cards with drawings that look like confetti on them. In their cards, they expressed their thanks for all the toys they get and for all the necessities I provided for them over the years. At that moment I felt over the moon because it assured me that my efforts to provide for them did not go unnoticed by them.

From them, I learned more about gratitude and called up my assistant who quit his job to follow me. He was absolutely surprised when I asked him to lunch and a game after. Later on, I explained that I just wanted to express how grateful I was to him for believing in me when even I could not.

Being grateful makes you more hopeful and purposeful. Even during times that you are afraid of the unknown. Gratitude ignites hope in you in times of despair because it makes you shift your focus to positive things, like everything that you are grateful for. You get to appreciate how well your abilities are and how advanced they can be.

The message from my sons made me more hopeful for what more I could provide for them so that they could have the best. It made me purpose for more for all those who believed in me.

In the expression of gratitude, our fears are quietened. All the fears I had about venturing out and starting my own company took a back seat when the people closest to me actually showed their appreciation to what I contribute in their lives. All the worst-case scenarios that my mind kept playing up due to fear went silent.

Being gracious keeps you grounded and in touch with everything going on around you. It makes you appreciate your journey and the growth that you have gone through including overcoming all the challenges you went through to get there. It makes you appreciate the people who stood by you when going through said challenges. It humbles you while earning your respect.

Being grateful to others and for situations that you go through makes you want to do more each day. It keeps you going by simply wanting to achieve something bigger and greater. Gratitude from self and others assures you that your efforts do not go unnoticed by those around you.

Gratitude sets you on a journey of hope, purpose, and fulfillment eventually.

CELEBRATE YOUR WINS

Just like how couples celebrate their first year of marriage so do the many couples that have been married fifty years. Or parents celebrating their child's first steps or even word, it is fundamental that we also celebrate every win in our lives and rid our mind of the notion that it was only a small win. Every single win is a significant boost that will guide you towards even greater wins.

There is no such thing as a small win because as long as effort and dedication were applied to a task, it is considered a victory.

We often are fearful of failures that we disregard our wins by thinking

that they are too small to be celebrated. We sometimes unknowingly downplay our wins in fear that we will either jinx ourselves or lose focus and concentrate on that winning alone.

I tend to admire the drive that football players put into their work. The dedication that they show towards winning a match at every game they play is actually what fuels their energy. They are always happy after winning even if they played against a weak and small team as compared to them. A win is still a win for them and their fans and is celebrated accordingly.

Just like them, you should celebrate your wins no matter how small to fuel your efforts towards achieving something far greater. In doing so you learn to appreciate your efforts while eliminating room for fear of minor accomplishments.

In celebrating small wins employers get the chance to motivate their employees who put in the effort to make the project a success. This worked well for me because to celebrate all the clients I got and accounts I closed with them that involved great profit for the company, my bosses kept giving me bonuses which were almost equivalent to my original salary. It was and is a feeling everyone should experience after working hard for it.

Back on campus, I was so frightened that my friends would call me a nerd when I was congratulated by the professors from my department for winning a school project that I literally begged them to keep me anonymous. I feared being isolated from the group I wanted to hang around with because of my academic prowess that I failed to celebrate my victory.

I did not appreciate my victory enough for it to be considered a win by my friends. This led to them not taking me seriously. I had to change my mindset and focus more on appreciating myself,

Make a habit of rejoicing and acknowledging every action that takes you forward towards achieving your goals. This will make you less fearful and will show you that indeed you are making positive strides.

HAVE POSITIVE PEOPLE AROUND YOU

We are the company that we keep. Whatever actions they do, what they believe in and represent rubs off on you. I went from achieving my goals by getting good grades in school and getting a great job to jeopardizing myself and my values because of the kind of company I had.

I was so determined to live above my means that at a very young age I was almost declared bankrupt. Always wanting to behave like them so that I can fit in. Even going to the extent of buying expensive items that ceased to have meaning to me since I started following a minimalistic way of living. Living with the fear that they might know that I cannot comfortably have the kind of lifestyle they have, I put up with them until I eventually had to move back in with my parents.

It is important to note that your friends determine your character. Go out and interact with people who share the same views as you do because you do not have to hide who you really are in order to please others. You become independent in your dealings and don't need others to dictate to you what seems cool or what doesn't.

Having positive and appreciative people supporting you boosts your confidence and self-esteem eliminating any doubts and fears that you may have. For me, that was my cousin and my then-girlfriend now wife. They gave me hope and encouragement when I needed it the most. Especially because I could not ask or tell my friends what was happening, for fear of being mocked or secluded.

I had to adopt a positive mindset of appreciating myself the way I was. Nerd or not, it was me and I had to accept it for my benefit. There are times that I reminisce and think about rekindling my relationship with my friends and even called one up only to be reminded of the reason why I left their company in the first place.

It sometimes is not easy to let go of people who have been around you for such a long time. Some you may have grown up with and you may find it hard to let of. But a change of faces here and there may prove beneficial to you. Surround yourself with those who are ready to help and give you a boost whenever they can but not with those who laugh at your ideas.

If I would have surrounded myself with people who told me that 'the market is struggling economically', 'or we already have a lot of such businesses right now', I would have let my dream be just that, a dream and would not have taken any steps to actualizing it. I am grateful for all the support I got at a most delicate point in my life when I failed to believe in myself and in my abilities.

We should choose our friends wisely and surround ourselves with positive people who propel us towards achieving our goals by encouraging us and helping us off our feet when we fall. Friends and partners who are willing to pat your back and tell you to keep moving forward. You need to surround yourself not only with positive-minded people but also with people who also have goals and a purpose.

If you surround yourself with people who only wish to tell you of how tough the economy is and how strained their pockets are, you will find yourself adopting such thinking. You will fail to appreciate your hard work and will always complain about not having enough. In the end, you are left living in fear of not being able to provide for yourself or your family.

Ditch the negativity and strive to have a positive and encouraging surrounding. This will make you more appreciative of what you have, happier, more positive, and less fearful of the unknown. It will make you hopeful for tomorrow.

DO NOT BE AFRAID TO LOOK STUPID

ost of you tend to associate failure or mistakes with being stupid or silly. You tend to punish yourself harshly for events that are somewhat unavoidable in some circumstances.

For me, I look at failure or mistakes that I have made as being part of my journey towards achieving greatness. When I lost my apartment due to bad decisions that I made concerning my life, I felt stupid and would often beret myself for my bad choices. Depression was my new look having moved back in with my parents.

I could not begin to explain how I could have easily lost sight of what was right and fell down a disastrous path. It bruised my ego more than I could imagine. I was always angry at everybody else and feeling stupid for how blinded I was by friendships.

For a long time, I did not understand that some things do have to happen for me to see the bigger picture. I was so stuck on the fact that I made the wrong decisions that jeopardized my employment at the company.

It took my cousin to finally intervene and shed some light on me during the darkest time. Never had I imagined that the situation I was in, no matter how stupid it seemed was actually about to work in my favor. From my stupid mistakes, I emerged better than I was. I no longer cared for such company that I had, even though we remain friends to this day.

I became more intentional with my work and life. It was like a phoenix emerging from the ashes to become more beautiful. In my case, I became purposeful in my dealings. I focused more on my clients. Catering to their financial needs personally and not overbooking them to pitch a group plan. This earned me respect from my colleagues at my place of work and

recognition from my bosses.

Making mistakes helps us gain a different perspective on things. It helps you see how things are supposed to be. My mistakes at the time were a stepping stone for me to improve myself. Besides doing great at work, I learned more about minimalism and was able to save enough money to get my apartment after staying with my parents.

Sometimes in your lives, you have to make bold decisions. Even though you think they make you look stupid. You might not see it at the beginning of your quest but the bold decisions that you make are what set your path to greatness.

Most of you tend to listen to the voices of other people's negativity against your decisions and choices. It is sometimes difficult to ignore such voices but is possible if you surround yourself with positivity. I cannot emphasize enough the importance of a good support system.

You can only go forward with your plans when you have like-minded people behind you. Your support system performs the same function as your spinal cord does. As your spine conforms to all movements and shapes that your body makes, so should your friends conform and support your decisions. Regardless of how stupid and silly they may seem.

Overcoming the pain associated with making mistakes often leads to loss of fear and enables us to work on our growth. We often relate failing once or making a mistake when doing something with being stupid which is a false narrative to have.

YOU HAVE NO REASON TO BE AFRAID

Often we get scared of the decisions we make. you feel embarrassed by what we did or what happened. You may even imagine this fear and think that everyone you meet is heckling you behind your back making you cower away.

I once saw a video on the internet of a five-year-old girl in a rollerblading competition with other girls her age. They all started off pretty well with the little girl at the forefront but fell off only a few seconds after starting. What amazed me was how quickly she turned to her father who was watching from the bleachers and after a reassuring nod from him, got up, made up the distance, and won the race.

To her, all that mattered was her father's support. He was her support system and was not afraid of facing embarrassment from her fall. She eventually emerged victorious even after her fall. To be like her, not afraid of embarrassment, finding your inner child is fundamental to facing such difficulties even as an adult.

Before starting my own company, I was so afraid of the unknown that just the mere thought of going out on my own sent shivers down my spine. I had to become oblivious to all negative voices telling me not to do it. That it was risky and would almost certainly lead to my financial suicide.

It was a constant battle of wills going on in my mind trying to arrive at the best and right decision for me and my family. Others laughed and called bluff to my ideas and plans. But like that little girl, I was not about to let the jeers from the crowd clip my wings before I could take off.

As tempted as I was to take back my job during my two-month leave, I had to follow my plan and learn how not to be afraid of what I did not know. I was not about to let all those who told me that my dreams were not valid win. To this day I give credit to my support team. They never gave up on me even during the many times I almost threw in the towel.

Get good and positive support. The kind that will push you to do and be better. Change the way you think about failures and mistakes. Think of them as your blessings in disguise. Appreciate and be grateful for each one of them for they allow you to be better.

Do not give up. When you fall, get back up on your feet and try again. All that matters is that you are getting better after every attempt you make at it. It is worth nothing if you do not get better without failing and trying again.

FAILING IN AN ATTEMPT DOES NOT MAKE YOU A FAILURE

Take failure to be feedback from your previous attempts. Do not dwell so much on what could have been that you forget how to better or improve on your attempts. If I made the decision to dwell on my misfortune or predicament when I almost went bankrupt, I do not think I would be where I am at the moment. I would not have lost my will to keep going, I would have lost my job and my now wife.

I could tell that my actions made her angry because I kept blaming others for what happened to me. I was afraid that if I admitted to my mistakes it

would make me a failure. I had no inkling that by accepting my failure I would be able to learn from it and move on from it to become a better person.

Sometimes people tend to be scared of owning up to their own doings making them live in denial of what happened. Frequently you allow your failures to define who you are and who you will be. This makes you live in misery because you are always blaming yourself for things that were even out of your control.

I have learned to teach my sons that when they fail it just means that they have another chance to make it right. They do not have to be afraid that they let me or their mother down because they will always have our support and can trust us to point them in the right direction.

In my experience as a motivational speaker, I have learned that most parents want to control what their children do. They rarely do ask them what they want to do but do impose their ways on them. This will often end in the parents expressing their disappointment in their children.

Giving them the chance to be held accountable for the mistakes they made on their own is important in who they become. Many times high school students walk up to me to express their feelings of decisions being imposed on them and when they do not manage well are criticized.

Dwelling on the mistake is what pushes you to become a failure. Raising from a fall is what makes you a victor.

Take failure as a lesson to be learned on how not to do something that drives you down the path and will eventually lead you to success. Always focus on the process and not the outcome and eventually the process will lead you to the desired outcome.

BE WILLING TO TAKE RISKS

High risks often do have high rewards. Taking the risk to start up a company has become one of the best decisions I have made in my life. I stepped out of my comfort zone to a place of uncertainties. Not knowing if I would make it or not. I had no idea if clients would be attracted to my business plan or if I would just be another ordinary business out there.

Me taking the risk happened to be good for me. I moved from earning a good salary with good benefits to making more than I would have in my

previous work. My family got more than I was offering them from my previous job. A good home, nice cars, good schools, and wonderful trips. I also got to stay home more and involve myself in different activities like motivational speaking and writing.

Accepting that risk at that time proved to be a good idea for many. But if I never tried, I would forever be asking myself why I held back when I had the capability and potential to do so. Knowing that I had already put it off for three years haunted me. The fact that I could not make that leap instantly served to mock me most of the time.

Being afraid to look stupid by taking these risks only serves to limit our chances of getting to these high rewards. If Martin Luther King decided not to take the risk of fighting for a better America for his fellow black men, a lot of things concerning the equality of races would not have been fast tracked.

You should strive to cultivate courage within yourselves for when the need arises. Do not be afraid to confront challenges simply because it seems too risky for you. Staying Safe in a bubble and being afraid to take any meaningful steps towards your goals will only hold you back.

If I had not taken the risk and left the comforts of my well paying job with adequate bonuses, I would not have been a boss giving bonuses to my employees. Be willing to look stupid momentarily through your risks and smile during the rewarding process like I am.

DO NOT BE AFRAID OF EMBARRASSMENT OR REJECTION

Not everybody will believe in your cause. Some may doubt you and may even go to the extent of calling bluff on your projects. When I handed over my resignation letter to my bosses, they called the bluff on my plan. And even went as far as keeping my position vacant for the two month leave period they gave me to think things through.

They made my plan look so insignificant that all I thought about when the going got tough was throwing in the towel and going back on my knees to beg for my position. A lot of my friends and relatives thought I was being too ambitious and would call me so at family gatherings. They would always joke about how I left a high paying job in pursuit of a dream.

I was not going to repeat the same mistake I made when I was on campus. This was not going to be another story not written because of the company I

so badly needed to keep. Slowly, I started to distance myself from all the negativity that was around me. Reminding myself that only what I thought of myself mattered. Remember that not everyone who laughs with you wants to see you succeed.

As such, they will strive to make you look stupid, embarrass you and openly reject you. Do not let this put you down, instead use the fuel to drive you towards your goals.

The little girl in the rollerblading competition will remain an example of resilience. Even when the crowd was jeering at her and pointing fingers, she only had the support and opinion of her father that propelled her to a wonderful finish. While everybody expected her to stay down and probably cry, she picked herself up and proved them wrong.

She used her embarrassment from the fall to fuel her to the finish. One that not everyone believed she would have.

BE RESILIENT

Whenever you feel like giving up, give more. Give more in commitment, effort, responsibility, and resources. Being resilient is what brings success when least expected.

Keep pushing towards your dream. When the widow I met during one of my talks did not take the initiative to keep pushing and reopen the business she had with her deceased husband, she probably would still be waiting for her son to take care of her.

In her being resilient she will now be able to pass down a legacy to her son. Giving up is not always the answer to our problems or challenges. I have had people dooming themselves time and again because the challenge is too massive for them to handle.

Saying things like, 'that is too complex for me to handle', or 'I do not think I can handle this task appointed to me', is part of what brings you down. You have already tuned your mind to believe that having that which you desire is impossible, then you will not achieve it.

Persevering to the end is what got legends as Oprah Winfrey recognized. Pushing for what you want. Yes, she was ridiculed and looked down upon for being too ambitious but she was resilient enough to achieve her network. She pushed for her dream and never looked back.

Whenever you feel overwhelmed, do not give up. Whenever you feel like a fool or feel stupid, do not let that feeling cloud your judgment. Be resilient and keep striving and working towards your goal.

LIVE YOUR LIFE

It is important and of essence that we live for ourselves and what we believe in rather than what others stand for and believe in. Being independent and being happy and comfortable with your life and your living is what matters.

A lot of people confronted me saying that I was risking my family's security by taking the risk. They could not understand why I would leave the security of a well-paying job to live like a lone wolf. I was accused of wasting my own resources in order to pursue this 'dream'. Most of them parted with a statement of warning not to say I was not warned.

During my campus and also after my campus days, I mostly lived my life for others and not for myself. This led to a number of bad decisions on my part. I lived my life for the sake of my friends. I represented what they represented and not what I represented. I always lived in fear of 'what if they...', never lived for what I believed in and what I represented.

I was always scared of losing friends and falling out with my usual crowd. The same happened to me when I was leaving the company. I was scared of losing the friends and connections I had made at the company. I was scared of falling out with the clientele I had and my name in the business world being soiled or tarnished.

When you dwell so much on the negative happening in your life, you end up forgetting to live your best life. You live for your worries instead of your success to come.

Before the widow was able to reopen her family business, her life had come to a standstill because her husband had died. She had allowed her life to be defined by that of her husband for a long period of time that she stopped living when he was gone. She let go of herself and waited to be revived when her son was of age to take care of her.

Living your life for yourself does not mean that you are selfish. It means that you have prioritized your life to be able to live a happy and peaceful life. Much respect and admiration are given to those who live their lives for themselves because they are at a place where they can live well with others.

This is so because they are at peace with themselves, meaning that they can live in peace with others.

When you live your life you experience contentment and fulfillment from within because you do what is right for yourself. You love yourself more. Becoming more self-aware and understanding of others and their situation is also an advantage. Being able to understand yourself goes a long way into making other people's situations better, by sharing experiences.

Take that step today that you think makes you look stupid as opposed to staying comfortable in your safe space and having nothing to show for this in the future. Living your life for yourself, ignore what other people will think of you, and work on bettering yourself.

Make the most of the time you have now and take advantage of opportunities that come your way. Be open to changes that make you better in your dealings. Choose to live for yourself and not for those around you. Be fast to pick yourself and move past self-pity and self-condemnation.

TAKE ACTION DESPITE FEAR, NOT BECAUSE OF IT

hat you do or do not do determines what you will achieve in life. People that succeed in different aspects of their life took action despite the fears they had. Everyone has fear. This is a common emotion that everyone experiences by virtue of being human.

I like to use the example of walking children because I saw my children grow from crawling babies to walking toddlers. A child starts by holding onto things so they can stand. After this, they start walking around while holding on to anything that is around them. This baby is going to fall sometime when they let go and cannot find balance.

What amazed me is each time my son fell he would go back to whatever he was holding and stand back up. The first days he would get really scared because of the impact of the fall. But I guess when he noticed that falling was not something he could not recover from, he was able to stop fearing that and keep learning how to walk. And one day he took his first steps without holding on to anything.

Fear will always find its way into your life. How you deal with it makes the difference. If only I did not give in to my fear and started my company when I was supposed to, I may have achieved a lot more in my life than I have now. My achievements so far are still valid and I appreciate them. I am passing the point that you should not have to waste any time when it comes to taking action.

Fear has a way of intervening between you and your success. The sound of fear in your head is usually in your own voice trying to convince you that something may be impossible yet it is very possible. Fear camouflages in your own voice and it sounds like you are telling yourself it is not possible.

As a young man starting his career, I always had great ideas to share with my bosses during meetings. I was confident about my ideas and I knew they would go a long way in improving the services of the company.

When the time came for people to give their suggestions, I was always silent. It was like my mouth went numb and I could not move it. I became so fearful of embarrassing myself that I did not speak. The fear of my boss telling me my suggestion was wrong paralyzed me. It paralyzed my mouth and I could not speak.

This paralysis also used to come to me while I was still a student. It made it impossible for me to answer questions. When the professor picked on me, I found myself screaming in my head and shaking. A thin film of sweat would coat my body and I would start stammering. After getting through my answer the professor would say to me that I gave a brilliant answer and I need to be more confident.

I allowed myself to be paralyzed by fear and taking action became a very heavy task on me. People that had confidence and would go for whatever they wanted to terrify me. I secretly envied them from having so much courage and not fearing embarrassing themselves. Sometimes I wished I was like them.

When you are fearful of something you should work despite the fear not because of it. Working because of fear stops your growth because all you are doing is blocking your actions. When I did not resign from my job in time to start my business, I was working because of my fear of staying in my job. But when I finally resigned and followed my dreams I was working despite my fears.

Working despite your fears means you acknowledge that something about your dreams or plans scares you but deciding to work on them instead. You do not stop yourself or work in the opposite direction from your dreams but you keep working towards them. Fear is not stopping you from achieving what you want to achieve. It is not paralyzing your steps by convincing you that disaster awaits you on the other side.

HAVE A PLAN

Always have a plan as you take action. Strategize to navigate easily to your success. A plan will help you know what you should be doing at each step of

working on your task. Fear comes in when we are confused. At that moment you do not know your way forward, that is when fear comes into your mind and tells you things that are not true.

When you do not know what step to take next you will feel like you failed. This is what fear wants. It wants you to feel like a failure. When you do not know the next step, it will feel like you failed because knowing the next step means you know what you need to do next to accomplish your task.

The first few weeks of starting the company were hell for me. I had no plan so I dived in headfirst into the whole process. Sometimes I would be at a standstill because I did not know what to do next. I was overconfident because I had been in this line of work for a long time that what I needed to do would come naturally.

What I forgot is that I have never incorporated a company before because I have always been employed. I did not know about the many laws that needed to be known to me. If I had a dollar for each time I went to the registrar's office and he said to me "the law says you should..." I would be twice richer than I am now. This statement frustrated me.

This was supposed to be something very easy for me so why was it taking me so long? Because I did not have a plan. A plan means I know what needs to be done. It means that I know what I need to have in order to do something. Strategizing will keep you at per with your dreams because you constantly know what you need to be doing to achieve them.

When you know what you need to do you know your next step of action. The first time I walked into the registrar's office he asked me what name I want my company to have. I did not know that I needed to have three name choices. The three names will make sure when the registrar does the search for other similar names, I can have options in case one name matches another.

If I read the laws and rules of incorporating a company I would have known this. But because I had no plan it was like I was working on failing so I would be justified to go back to my previous employment. At some point, before I took my time out to go clear my head I realized that I was happy when I went in to do something and I got a negative response.

It made me happy because I wanted to prove to myself that incorporating a company would cause me a lot of losses and I would not be able to do it. I wanted a reason to go back and ask for my old job back. And when I realized this, I was disappointed in myself.

How had I made a plan for myself to start my own business and somewhere along the way started acting towards the destruction of my own dreams? Who had I become? What happened to the go-getter in me? Why was I so determined to fail so I can walk back into my comfort zone?

I needed to style up and work for what I wanted. I made the choice to act despite my fears. It was time to stop playing and get everything on track. But I needed to clear my mind first and come up with a plan which I did during my time out. And I also needed to burn the bridge to my comfort zone to make sure I had no way to go back there so I made sure the company I worked for made my resignation official.

I was only going to be serious if I gave this business all my attention. Working on it knowing it was the only business I had in my life showed me the seriousness it deserved. This is what was going to put food on my table so I needed to be very careful.

When you have a plan for what you need to do you will know when to stop when things are not going your way and when to go on. A plan will let you have a clear picture of what is blocking your steps. Working on many things at once blocks this because your mind is filled with many things and you will not know what exactly is going wrong.

Having a plan is a way of decluttering your mind and your life. It aligns all-important tasks together and makes it possible for you to navigate through them with ease. You even have confidence in yourself because you have broken down your tasks to chewable chunks. And there will be no time left for fear to creep in and paralyze your progress.

OPPORTUNITIES

There is an abundance in you that is overflowing with opportunity. Fear is there to make sure you do not discover this and know how to tap into it. Opportunities are everywhere but if your eyes are shut to them you will not be able to identify them.

Fear will constantly tell you how it is impossible. It will show you the thousand and one reasons you cannot make it or how much you are not good enough. Fear feeds off the flaws that you are ashamed of. I am someone that never liked to be embarrassed. That is the worst thing you could do to me. So when fear came into my life, it would always show me the many ways I

could embarrass myself if I tried something.

When I started my company my main fear was facing the embarrassment of failing. Everyone would think that I was feeling like an overachiever but the world humbled me. I feared that people would laugh at me behind closed doors and on my face and that made me stay in employment for three extra years.

Every minute spent on anything else other than your dreams is a waste of time. I spent years in employment yet I should have been building my empire.

Fear makes you think you are not ready for something. When my company was very young, clients would come and offer me a contract to a certain project and I would turn it away because I felt like my company was too young to handle such big projects.

At this time I have been very successful in incorporating my company. I had launched it and now we were ready for business. Now the fear of not having successful projects came in. I felt that because we were a young company we should have been doing small projects. But here are big projects coming my way and instead of seeing it as a blessing I was rejecting them.

One day my assistant reminded me that I was not a newbie in the business world. I was an asset at my previous employment who was willing to pay me anything to keep working for them. He showed me that my company being young did not take away the skills that I had in performing in the projects. Now I even had more because I was the boss and I would decide the best ways I would work on these projects.

There was no boss above me to tell me how to work. I did not need to pitch my execution plan to anyone other than the clients. There was no one that needed to coach what I would say to clients as I told them the best way to do their project. I was calling the shots now and it was time to do so like a pro.

Take action despite your fear by exploring the different opportunities available to you. Make sure you are getting the most out of them. Let them help you attain your goals and achieve your dream. Despite the fear, choose to be successful.

You will feel paralyzed by fear if you take too much time to think about something instead of executing your plan. Thinking about it too much is giving fear the opportunity to come in and show you new ways things may fail. You are amplifying the voice of fear when you take too long to think about something.

I am not suggesting that you make rush decisions. But overthinking about something means that you do not trust that your plan will work. You are going through it in your mind again because you do not trust that your skills will be able to carry your plan to success. It is like you keep going back in to look for another problem.

I was given an opportunity to teach a course at a college in my town for a semester. During this time, I met Mark, one of the students in my business class. Mark was a very sharp boy. How he answered questions showed me that he had a sharp mind. He was able to internalize a problem really fast and come up with a solution within a short time. He had a math inclined mind too because all his calculations were always correct.

I felt like my company needed a bright mind like his so I offered him an internship over the summer. He was to work with my assistant and learn as much as he could. My assistant one time came to tell me that Mark was really slow in his work because he was constantly second-guessing himself before doing anything.

I called him into my office to discuss this issue with him. Mark said to me that he always needed to think about something so many times to make sure he was making the right choice. I walked through how his overthinking stops him from taking action because instead of doing what he has to do he is busy thinking of the million ways it can go wrong.

He was not taking action because he was amplifying the voice of his fears. Mark did not want to disappoint me at the internship and was looking to secure a permanent solution at my company. I told him that he was not proving his skills because I did not see any of his work. He was not taking action because of how he second-guessed himself every time.

When you make a plan to do something go ahead and do it. Take action despite the fear in you telling you the many ways this can go wrong. It can also go right and you will emerge victoriously. And your first victory will be that you worked despite your fear.

WANT IT MORE THAN YOU FEAT IT

For you to take action you should be willing to take risks. Already taking action despite your fears is a risk that you have taken. Congratulations, you just completed a risk successfully. Now you can do even more. Bigger and even better.

Wanting something more than you fear it means that you want to succeed in it. This means that you will do what it takes to be successful. You are willing to break barriers to get to your success. And your first barrier is that of fear.

After my vacation, I came back with a fire to successfully incorporate my company. I was so determined to do it not to prove to anyone else that I can but to prove to myself. Remember that I had been working to fail to justify my going back to my previous employment. Now I wanted to succeed to show myself that it was possible.

The success you want is going to be your motivation during the hard times. It is going to make it possible for you to work on your plans until you achieve your desired success. When all seems gray you will look at all you have accomplished and move forward to get more.

KNOW WHAT YOU WANT

Know what you want then go out and get it. Taking action is hard when you do not know what you are working for. Clearly define what exactly it is you want and how you want it. do not just want something and now know how you want it.

When you work without knowing what you are working for means you are working towards nothing. You must have something you want to achieve. Want it badly that you rise above the fear to get it.

Knowing what you want gives you focus. Even if you face hardship through the way you see it at the finish line and you keep running towards it.

Those that succeed in life do so because they took action. Train your life to have the habit of working despite the fear. When something feels impossible, have the curiosity to try it out first to see if you can really do it.

You owe it to yourself to succeed. Success and all good things belong to you. They are on the other side of your fear. Take action to let go of this fear

and fearlessly work on achieving your goals and your dreams. Go step by step. Achieving one step will give you the motivation you need for the next step.

DO NOT BE AFRAID TO ASK FOR HELP

Ven if fear is an emotion that everyone in the world experiences you do not have to endure it alone. Ask for help to make the process less burdensome for you. Fear brings with it burdens that may become too heavy for one person to carry alone. It is good to get someone or people to walk the journey with you. People that will understand your situation and walk with you as you work on offloading the load from your life.

Do not be fearful of what people will think about you when you ask for help. The fearful part of asking for help comes in when you think of it as an indication of failure. Asking for help does not mean you failed. It means that you have taken the bold step to overcome your fears. And you have acknowledged that you will need the help of others to do it.

People that ask for help are fearless. They want to get better so they do what they need to do. The people that will come up to help you will give you the encouragement and strength you need to help you get better.

Some people have been professionally trained to help you overcome your fears. Psychologists and therapists are some of these people. They have dedicated their lives to studying the patterns of fear and how it impacts people's lives. And they will be able to understand what you are going through and the best way for you to help you get better.

Fear bears phobias into our lives. When you have a bad experience with something you end up fearing it. And as you fear it you grow a phobia for it. A phobia is an extreme fear that you have for a particular thing. The fear paralyzes you and makes you change your whole life to make sure you never have to do any task that involves whatever you have a phobia towards.

You end up giving your fear the power to control you because you are

constantly tailoring your life to avoid it. My father had an irrational fear of pools of water. When he was younger, he almost drowned in a pool, and from then on he has always feared a lot of water.

As he grew, he kept thinking of how he would have lost his life because of drowning. He kept thinking of the many ways water can kill him so he started to avoid it. My grandma tells me how he never left his room when they went vacationing at the lake. His fear became a phobia and in a short time, his parents even changed places they visited to avoid going to places with a lot of water.

Each time he was flying and the plane would be above water for some time my dad took a sedative. He wanted to be asleep when the plane was above water so he could endure it. The only reason I am a good swimmer is that my mom was one and she took me swimming from time to time.

When I was fifteen we had to move again and the company was giving up a beach house because the place we were moving to was close to the ocean. My dad refused the house and almost turned down the promotion. It was a big opportunity for my parents and the town had a good high school that would ensure I got into a good university.

It took a lot of convincing from my mom for my dad to accept. He started taking therapy classes to help him overcome this fear that had held his life captive for many years. When we moved into the new house my mom and his therapist convinced him to start swimming classes. The best way to beat fear is to gain confidence in what you are fearful of. He was being advised to take swimming classes so he can see how he has more power of the water than water has on him.

Today my father goes diving in the ocean during shark season. He has become such a water enthusiast and is always ready to participate in any water activities. That promotion changed more than just his financial life. It allowed him to free himself from the captivity a phobia had brought in his life.

He was able to do this because of the help he got. Something that started small had elevated in his life and become a big captor of his freedom. He gave his fears the power to control him when he went on to grow it into a phobia. Overthinking how he could have died when he drowned made the whole situation worse for him.

When fear is not addressed it causes pathological issues in our lives. You may start experiencing pathological issues like anxiety and depression

because of the frustration and captivity that fear brings into your life.

Asking for help means saving yourself from all this. It is a way of addressing fear to make sure it does not get to extremes that will paralyze your life. And even if you have already gotten to the extreme levels as my father had with his phobia for water, asking for help is a way of rescuing yourself from this. It is a way of breaking the chains of fear by taking away the power it holds in your life.

IT IS A STRENGTH, NOT A WEAKNESS

Asking for help is a strength and not a weakness. There are things other people do better than us. Asking for help is a way of acknowledging this and deciding to let these people with these skills make a difference in your life.

Always make sure you are asking for help from people that can help you in the area you need help with. Let them have good knowledge of what you need help with to make sure you are getting the most from their help.

During my minimalism journey, I decided to ask for help from friends and family that had undergone minimalism themselves. I did not want to risk getting help from people that did not know how to help me. My minimalist journey was crucial in my life. It is what would help me get my life back on track.

Asking for help from people that did not understand the minimalism journey would be a detriment to my course because they would not understand why I had decided to live my life like that.

It takes a lot of courage to come out and ask for help. You are beating a lot of fears by doing this. Each time I want to go ask for help there is a faint voice in my head that tells me they will think I failed. I have a successful reputation. Especially by being a motivational speaker, it feels like I am at a point in life where I have the solution to everything.

Sometimes when I tell people that I also ask for help they think I am just saying it to sound relevant. But no man is an island. There are things I do not know and the success in my life will not be there if I do not get them done. Doing them myself will not get me the results I want that is why I need to ask for help.

Asking for help means you have chosen to protect what you have. You are choosing to make what you have bigger and better. When I started out, I

thought that all I needed was myself and my assistant to get the company going. In my mind, my company was too young to have many workers in it.

I had forgotten that I was a brand by myself and I needed a team to get things running. When clients walked in, they had doubts about how I was going to complete their projects if I did not have employees. I thought that my assistant and I would be able to handle everything from emails to going out to get the materials we needed.

This lasted for about two months. I had fear of not being able to pay the extra help that was coming in. This is like I was in some way saying my company would not be making good money.

My wife said to me one morning at breakfast that asking for help is not bad and it would be good to build my team now when my company was small. I went to work that day and asked my assistant to hire a Human Resource team to come in and interview a few people for different positions.

When these new people came into work for me my company felt like it had gained its legs. Things were working fast now. I was able to meet deadlines fast and now we could take on more than one project at a time because we had the resources to work on more than one project at a time.

Employing people was asking for help. And it is help that brought me more success than I would have accomplished alone.

KNOW WHEN TO ASK FOR HELP

You need to know when you need to ask for help. Know when the burden has become heavy for you to bear and then ask for help. Get people to help you and make the load lighter.

You do not need to wait for the problem to become extreme for you to ask for help. I met a young girl suffering from the early stages of alcohol addiction when I was teaching at the college in my town. Her life had started taking a dangerous downward turn because she was spending most of her time drinking instead of focusing on the important things in her life.

One day I met her at the cafeteria and found her crying. She said that she wanted to quit and needed to get her life back on track. As I spoke to her, I told her of the option of getting help from people that would help her curb her addiction and overcome it. She did not think she needed help and did not see the importance of it because she was still in the early stages of addiction.

To her, the people that need help are those that are facing extreme conditions and because she was in her early stages, she would help herself. As we sat down at the cafeteria, I started to explain to her the importance of asking for help at the right time. And that the right time to ask for help is when the situation can be managed.

Her main fear was telling her family that she was suffering from addiction. She did not know what they would think of her. But I told her that they would be proud of her for wanting to get out of the mess.

LEARNING OPPORTUNITY

There are many things you will learn when you ask for help. You will learn things about yourself and about life. When I asked for help and hired employees, I had to learn how to be a boss to more than one person. I had to learn the employer-employee rules of the state to know how to make sure the working environment was a healthy one according to the law.

When you ask for help you will understand more about your fears. One thing I love with understanding fear is you will see that it is a false representation that is appearing real. Many times when I was in front of people, I had a mental image of how they saw me. This used to shutter me and take away my confidence. But interestingly most of the time people were not even concerned about what I was thinking about.

Ask questions from the people you are seeking help from. Give yourself the opportunity to learn as much as you can. The best way you can beat fear is if you understand everything about it. When you understand it you will see that it is not as big as you were thinking. It is something you can manage and remove from your life.

PEOPLE ARE WILLING TO HELP

When I was changing my life to minimalism, I found that many people were willing to help me when I reached out and asked for help. My parents were so understanding. I had just moved out of their house again and I was out starting my life afresh. They helped me stay on track by encouraging me.

It was not something easy for me at the time. I was in a lot of debt and I was in a lot of suffering because of the poor decisions I had made. It was easy

for me to abandon my new journey and to sink into depression from the thoughts I had in my mind. I felt like I had failed.

There was a fear in me of failing again. I felt like it was not time to move out of my parents' home again. I should just stay there until it was time for me to have to inherit the home from them. But it was time for me to get my own independence. It was time to go back out and make a name for myself.

There was a voice that told me it would be easier to pay back my debts if I stayed with my parents because I would not have any more responsibilities with my money. But I found myself squandering what I made when I did not have responsibilities. The urgency of paying back my debt and getting my life back on track was lost to me.

My family and friends were really excited when I asked them to help me get my life back on track. They kept me accountable and out of the depression I would have sunk into if I was alone.

The minimalist life became more understood to me when I had people to hold my hand and walk the journey with me. As much as I had read so many books and articles on the same, working with people on it made me understand why minimalists live in a certain way.

GET YOU OUT OF THE COMFORT ZONE

Fear creates a comfort zone in our lives if we allow it. The comfort zone is the place you feel safe because you are not taking risks. When I did not resign from my job when I was supposed to, I was staying in my comfort zone because that is where there was security. A monthly salary plus many benefits that kept my family comfortable.

When you ask for help you will get people that will keep you accountable with your goals and help you get out of your comfort zone. The comfort zone is there to delay your success. Fear itself knows that you are capable of bigger and better things. And the reason you are staying in your comfort zone is you have believed that you cannot achieve good things.

When I got help from my family and friends, I remember each one of them was helping me accomplish a particular goal in my life. The ones helping me with my minimalism journey ensured I reached my goals. My parents helped me make sure I paid off all my debt. I thank God that they stood by me through the years as I worked on paying off the debts and did not tire.

The comfort zone is a prison of fear. Getting people to help you will show you many ways your fears are not justified and it will show you how to get out and become bigger and better.

DELEGATING WORK TO OTHERS

Asking for help helps you delegate most of your tasks to people that have the time to get to them. I was fearful of taking on new projects because I did not know if I had what it took to work on them and be successful. I always say that there was a lot of work to be done to complete one project so I could not take on two at a time.

The fear of my company failing was severe. I did not know if I could be good at my job and I feared to have to wind up my company. But when I decided to start asking for help the fear left. I was more confident in my work and I taught my employees how to perform. I even started getting better ideas from them on how to work which made the projects even more successful.

You should never fear to ask for help. It is an indication that you no longer want to be held back but you want to move to greater things in your life. Fear is an emotion that can be replaced with other positive and happy emotions. Asking for help will expose you to the different ways people have been able to work on their lives and eliminate all types of fears that they had.

You will be able to see the different ways you can grow and become better in your life. The people you ask help from will keep you accountable and on your toes on accomplishing your goals. If you can, tap into your resources and get hired help. This is from therapists and other experts. They have the expertise and knowledge to help you do better and become better.

A therapist will ask you to define your fears and will be able to walk you through the many ways your fear is just a false misrepresentation. You are capable of achieving that which fear tells you is not possible.

Remember when I was not picking big projects because I thought my company was not ready? Fear made me forget that my skills were so good and I was the company. If I had the skills then my company was ready.

NEVER STOP LEARNING, ALWAYS EVOLVE

Everything in life is a process. As you work on overcoming your fears, it will take time for you to have full control of your emotions. Especially if fear had been deeply rooted in you. Do not feel like you are progressing slowly rather trust the process.

I usually tell my readers and audience that the faster something comes together the faster it comes undone. If you get rid of all your fears very fast, they will come rushing back in very fast. Because you did not have the proper time to build a strong foundation for your fearless life.

The reason it has to be a process is that you have to learn. There is something every stage in our lives has to teach us. When you are trusting the process, it means you are learning from what you are experiencing.

My writing career did not come together overnight. There were blogs I wrote that did not communicate well with my target audience because I did not use the right words in my writing. And my fears of not being a good writer threatened to come back even stronger.

But I knew that I still had room to make changes and I could do so by taking writing courses. I even took a short psychology class first to understand the best way to connect to people. It was important that I know what they were thinking about for me to be able to write blogs and books that were for them.

As a leader, it is okay to not have everything figured out. It is okay to learn from those you are leading. Everyone has a strength that is unique to them that you can pick one or two things from.

When I first became an employer at my company, I had the pressure to be the best. I felt pressured to know everything and to be everything for my employees. Each time we were faced with a task or challenge that was new to me, I panicked. My employees were supposed to look up to me and see me as their leader. And to be a leader in the "know it all". If I did not know something it felt like I was admitting that I was an incompetent leader.

I decided to buy leadership books that would help me become a better leader. One of the books I bought had a chapter titled "Admit When You Do Not Know Something". As I read through this chapter, I felt like the author wrote it specifically for me. It talked about leaders deciding to solve problems with their employees in case of an arising challenge.

The author stressed the fact that two heads were better than one. And that in the whole team someone was bound to come up with a good idea that the whole team could build up from. It was a form of team building because you would all be working together to get a good solution that will bear great fruits.

This chapter demystified the notion that leaders should have everything figured out in order to lead their company in the best way. Teamwork is what makes a team stronger. Because everyone is working together for the common good. Plus, a leader that knows everything will not take time to listen to the ideas and contributions of those from his/her team.

Be open to learning new things in your life. Be it passively or actively. Take part actively if you can read a book or take training or go to back to school. And learn passively by picking the new things that are happening around you.

As you overcome your fears you should learn many things about your fears and about the new life you are going to live. I learned a lot about life from my minimalist journey. One of the major lessons was that we do not need everything in life to live comfortably.

Surrounding yourself with things that you do not need is what brings stress into your life. You can very well live by your needs and be comfortable because all aspects of your life are being catered for. The extra you are adding is stressing you because you do not need it and you will have to live your life to make it comfortable.

I equally learned a lot from my writing and the motivational talks that I give to people. I learn when I do my research when writing a book. And I also learn when I interact with people from my audience.

HAPPINESS

Knowing that you are not expected to know everything should make you happy. You are being given an opportunity to learn. An opportunity to become better at what you want to do. I got an email from a young lady I taught at the college where she explained her fears in her new job. She said that she felt belittled each time she did something wrong.

Her esteem went down each time her boss or someone in the office had to explain something to her. This young lady had graduated with honors and felt like she was supposed to know it all at her job. People were not supposed to be around her to teach her things because she got it right in her coursework.

I explained to her that what she had was academic knowledge. She was book smart but it was time to get work smart. Her problem was going in thinking she knows everything only to be humbled and find that she needs to learn a lot of things. I told her that it was time for her to gain experience in the working world.

This was a new level in her life that she had never lived before so she should have been open to learning what it had to bring. And it was a good thing that she did not know anything because now she would be more receptive to the information she was going to get. The fact that she was learning should make her happy.

Learning new things should make you happy. It means you are increasing your knowledge and widening your opportunities. I did not know that learning how to build a successful business would make me a motivational speaker that helps people get rid of the fears in their lives.

When I learned how to be a minimalist I was excited about the new path my life was taking. Going back to school to get my masters or to learn a new course made me happy because it meant I was becoming an expert in something else.

Some people I meet on the streets, in restaurants, or at my talks tell me that they love to read because knowledge empowers them. Others tell me that they love taking up new courses because they want to expose themselves to as much information as they need.

If you are well-informed, fear will have no foundation in your life. With the knowledge I have now about incorporating a company has taken away all the fears I had about it years ago. I can now easily start a new company without fear of doing it right because I know what the law says and what I have to do.

I have confidence that if I start a new company today, I will be able to take it from being a dream in my head to a newly incorporated company. My knowledge also makes me confident that I know all steps to be taken and I will face no struggles or surprises with it.

YOU BECOME AN ASSET

I was an asset to my previous company of employment. The company needed me and my skills so much they would rather double my salary than let me go. I was bringing them new projects and more money through the profits they were making. This is because I had grown with the company and I knew how to do my work well.

I had also worked towards bettering myself to make me better at doing my work. This is the power of knowledge and evolution. You gain all the knowledge you need to become an asset in your line of work.

As you learn new things you become irreplaceable. I do not know what I will do the day my assistant tells me he wants to go and start his own practice. Of course, I will be happy for him. He has been very helpful in my life and has encouraged me to do bigger and better. I would not have achieved some things if it was not for him.

But because he has been with me for a long time, I do not think I would want him to leave. Mart has been an amazing guy who has grown to know a lot about me. I am very confident in leaving the office in his hands at any time when I have to be attending to other businesses.

When he represents me at meetings, I am confident that he will speak in my voice and relay my interests to the other parties. That is how much of an asset he is to me. Because he has grown with me from the first time I got a promotion and needed to hire an assistant to now when I have grown my own practice. He has learned a lot and I consider him "another me".

When you learn about something and become good at it your position in it is guaranteed. If you become good at your job you become irreplaceable. You will not need to fear becoming redundant or being fired from your position. The company needs you so they cannot do anything to lose you.

When you learn and gain the knowledge you will evolve to such levels. So you will not have fear of becoming irrelevant.

HUMILITY

When you learn and evolve you become humbled. Knowledge brings humility. First, because you agree that you do not know everything. And secondly, you understand more about different things making you more knowledgeable as to why things are as they are.

It is easy to judge and criticize and judge things you do not know or have no understanding of. Fear also comes in as a result of ignorance. But when you have the knowledge you are humbled and shown the best way to move forward.

You will get an even better attitude towards life because you will understand the differences in it. Your fear also goes away because when you understand the different aspects of life you will see that you are not expected to be perfect. You being imperfect is not a problem because the world itself is not perfect.

HELPING OTHERS

When you learn you gain knowledge that you can use to help others. When I took writing courses and psychology classes I was able to create content that related to my readers because I knew what to say to them. I was even more confident when speaking to them because I knew what they needed to hear and how to deliver the message.

You will be at a point where you are able to show people that the fears they have in their lives should not be there. Because you have the knowledge of what they can do to make things better for themselves.

Helping people will also make you more confident and eliminate their own fears. If you can help others you will be more confident in living your own life.

My life fears started to go away, even more, when I became a motivational speaker. It challenged me to become better for myself so I could be able to be better for my readers and audience.

IMPROVED HEALTH

When you have the knowledge, you have confidence. You will not have the fear that causes mental ailments like anxiety because you are assured that you know everything about the topic.

Anxiety and depression are caused by frustrations that are faced in life. When you know what your job needs from you there will be no fear of doing the wrong thing at any time. You will have confidence in your work and confidence in your results because they will be the best.

There will be no time that you are second-guessing yourself. You also know that no one expects you to be perfect. So your flaws will not scare you and make you feel invaluable.

Take time to rest from your work and recharge. Working all the time is detrimental to your health. Your body needs time to recuperate and regain lost energy. Use this time to engage in hobbies and activities that make you happy.

Your body will be relaxed and not stressed which is healthy. And the information you have gotten will be more relevant because your body will have time to internalize it.

Every experience in life is a learning opportunity. Choose to experience different things for you to learn more. Do not be scared of experiencing new things. It is a good chance to learn something that you may not even know because you have not been exposed to the same before.

As you learn you evolve. Give the knowledge the opportunity to make you better. Use it in different aspects of your life. Make use of the information you gain to give it an opportunity to make your life better.

CONCLUSION

Fear is not supposed to control your life. It is an emotion that you can control and replace with happiness and positivity. One fear that captivates us is the fear of the unknown. Not knowing the outcome of something can be very scary because it makes you feel like all the steps you take can be wrong.

But without taking risks in life you will become irrelevant. Risks make us relevant because they are what help us achieve more in our lives. When you take a risk and succeed you have one more success to your name.

Do not let one success be your only success. Rather let it be your motivation to move forward. Stop feeling like you may have reached the end of your good luck and your good days are now behind you. If you believe in luck you will be underplaying the hard work you put in to get results.

The outcome of your hard work is not in the hands of luck. It depends on how far you are willing to go to get what you want. Get out of the comfort zone and go out to get yourself the life you want.

Peace of mind, happiness, and financial freedom is on the other side of your comfort zone. You will find them when you get out of the comfort zone and start to look for them.

Fear is caging you to your comfort zone. It is keeping you in one place and showing you the many ways things will fail when you decide to pursue something. This is where your mindset comes in. When you believe you can succeed you will succeed.

What you feed your subconscious mind is important to the development of your life. If your life is governed by fear you will be filling your life with a lot of negativity. And your subconscious will manifest negative things into your life. But when you clearly define your life purpose and begin to think positively and affirm positive things into your life you will have success.

Your subconscious mind will manifest positive things into your life. Remember your subconscious mind will never give you something you think about in the negative. Start thinking about yourself as more positive. See yourself as an achiever and a successful person for this to be your reality.

Without a purpose, you will be working for anything in life. Your goals will not be clear and you will not know what you want to achieve. When you have a life purpose then you will always have something you are working towards. At all times in your life attach a purpose to what you are doing. If you have a purpose then you have a plan on how to achieve it.

As you go through your life do not have the pressure to please others. It is okay for your purpose and goals to be different from those around you. Continue in pursuing them. Go ahead in looking for them and working towards them. If the people around you want the best for you, they will understand why you have to conduct your business that way.

And as changes come in your life embrace them. The change will always happen. It is better to be prepared for it than to be frustrated when it comes. Do not always wait for change to come for you to take it. Plan towards changes. Do things differently to be able to grow. Embrace the new technology and the new system to make your work and yourself more relevant.

Even as you change do not be afraid to look stupid. There are times you may fail. This is normal. The method you used did not work. Instead of feeling defeated and deciding not to go on, pick yourself up, dust yourself off, and keep moving forward.

When the burden becomes heavy to bear, ask for help. The right people are out there ready to help you get back on your feet. Just as my family and friends were ready to help me get back on my feet after my life went south, there are people willing to help you. You can also hire professional help and find people that will make the load easier until you can finally dispose of it.

Do not give fear of the steering wheel to your life. Stop letting it decide how you live and what direction you go. Take back control by building your confidence. Get more knowledge and become an expert in your field. Go out and take action despite the fear not because of it. Do not wind down your company because you fear to fail, but go out and get yourself bigger and better projects.

Have a successful mindset that trying new things excites you. Explore as

many opportunities as you can. Your success lies in each of them so do not let fear stop you from exploring them.

Your life is bound to change for the better when you let go of your fear. You will experience bigger and better things because you will have growth. With growth comes a new level. And new levels bring more responsibilities and opportunities. Evolve as you grow. Gaining knowledge will help you evolve so you can grow and become better in your life.

Your fear is a false representation of what you cannot do. If your mind is in the right place and you know how to tune your mindset there is nothing you will not achieve. You have abundance in you. Fear will not let you see it. Overcome it so you can know how to tap into your inner abundance and manifest it in your life.

WHAT DID YOU THINK OF THE ART OF FEARLESSNESS?

First of all, thank you for purchasing this book The Art of Fearlessness. I know you could have picked any number of books to read, but you picked this book and for that, I am extremely grateful.

I hope that it added value and quality to your everyday life. If so, it would be really nice if you could share this book with your friends and family by posting to <u>Facebook</u> and <u>Twitter</u>.

If you enjoyed this book and found some benefit in reading this, I'd like to hear from you and hope that you could take some time to post a review on Amazon. Your feedback and support will help this author to greatly improve his writing craft for future projects and make this book even better.

You can follow this link to https://amzn.to/2L38zbj now.

I want you, the reader, to know that your review is very important and so, if you'd like to **leave a review**, all you have to do is click **here** and away you go. I wish you all the best in your future success!

ABOUT THE AUTHOR

John Ward is a professor, a motivational speaker, an author, and holds two degrees in psychology and neuroscience. He has devoted his life to helping people become their best selves both in the classroom and in countless books.

With his background in behavioral sciences and developmental psychology, John has managed to help numerous people overcome their self-defeating habits in order to become better individuals. He has been a star speaker at self-improvement conferences, local centers for the underprivileged, and sometimes even at college graduations. John wishes to help as many people transform their lives for the better before he himself turns fifty years old.

When he's not writing or teaching, John enjoys traveling the world with his adoring wife of almost twenty years by his side. And because John is a family man, first and foremost, he enjoys spending the free time that he has, with his family. He is proud to father two amazing and successful sons, one of whom, wishes to follow in his father's footsteps and become a motivational speaker himself.

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