

## Rein in Fear! Let Confidence Rule.

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### *5 Ways to Rein in Fear and Allow Confidence to Rule*



Fear is crippling.

Fear is paralyzing.

Fear is wasted energy.

No one has gotten anywhere driven by fear. Successful people are confident and in control - masters of their own destiny!

No matter what life throws your way, you can OVERCOME your fears and flourish, both personally and professionally.

Here are some ways to get you back in a confident state-of-mind:

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## **1. Anticipate and prepare for obstacles.**

There will always be challenges lying in the road to success. The key is to anticipate and be ready for them. Surprises can shatter confidence and instill fear.

## **2. Develop an obsession about your goals.**

Think about what you want to accomplish daily. Dream about your goals. Write them down. Talk about them with friends and family. By doing this, your goals will seem less like uncharted territory. The more familiar your goals become, the less fearful you'll be of achieving them.

## **3. Figure out the worst case scenario.**

What if your worst fears do come true? What's the worst that can happen? Visualize the worst case scenario, then ask yourself if you could live with it. Chances are the answer will be yes.

## **4. Stay positive.**

Fear is a big fat negative. Always try to keep a positive mindset, even when you're faced with the toughest challenges. **Positive people succeed!**

## **5. Take the plunge.**

Overcome fear by facing it head-on.

Think about all of those successful solo practitioners who walked away from their comfortable corporate jobs to strike out on their own. Sure that initial leap was scary, but they would have never found success on their own without facing their fear and taking the plunge.

**Don't let fear drag your dreams down!**

Pull yourself back up and start playing to your strengths with **confidence!**

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