

Feel the Fear...And Beyond

Monday, April 5, 2010

- Incentive: Understand What to be doing NOW to win
- Book of the Month for April: "Go for No" By: Richard Fenton & Andrea Waltz

Susan Jeffers, Phd, Karen Russo, author of "Feel the Fear...and Beyond"

1. Understanding Susan Jeffers first Book: Feel the Fear and Do it Anyway
 - a. Life will produce fear...why? because unless you choose to be ripe and rotting, you are always taking on new challenges, growing. Change inherently creates fear...fear of unknown, not good enough, cant do it, what will it look like, etc. Truth #1
 - b. The only way to get rid of fear of something is to do it! Jump in the water is fine! Action is necessary. Truth #2.
 - c. The only way to feel better about yourself is to go out and do it. Truth #3.
 - d. Not only are afraid when facing the unknown, so is every one else. Truth #4.
 - e. Pushing through fear is less frightening than living with the bigger underlying fear that comes from a feeling of helplessness. Truth #5
 - f. This new book is How To Practices/Exercises
Why do them? List all your fears right now...fear of rejection, money relationship, health, acceptance, loss, career, etc. Look deeper for there is one fear that is the basis for all of them. When you tackle that one (through these exercises), nothing would stop you.
Understand Lower self versus Higher Self...habits keep us in the Lower Self. Change habits and become a Higher Self thinker.
2. The 12 Methods to take on to get beyond
 1. Replace the Chatterbox
 - a. Use affirmations. One of her favorites "It's all happening perfectly."
Exercise: I am fearful I will not reach my goals in Mannatech. Repeat 10 times the above affirmation. Now how do you feel?
Another: I am creating a wonderful life. To all What If's? Say "I'll handle it."
 - b. Give your "voice" (Chatterbox) within that is negative a

name. When you hear it talk to you, talk right back at it...using affirmations.

2. Ask Your Higher Self

a. What would my Higher Self tell me? So when you go into doubts, fears, etc., tap into the Higher Voice to hear what it would say.

b. Which voice gives you more power in dealing with your fears? Clearly the Higher Self.

Exercise: Draft a few cards to put on desk, in your wallet, carry with you that say "What would my Higher Self say?"

3. Say YES to Life

a. Repeat the word Yes over and over again until you feel like screaming it. Yes is more than a word...it is the essence of Higher Self thinking. It says "No matter what happens in my life, I'll make something wonderful out of it."

b. Author had breast cancer and in her acceptance speech for an Award, she referred to Viktor Frankl's "Man's Search for Meaning", if a man could say YES to the horrible plight of concentration camp, I can say YES to anything.

c. Be clear: saying YES is not about denial of fear and pain rather avoiding the NO's which are so self-destructive. NO's are centered on victim and reflect our feelings of hopelessness, powerlessness, and apathy.

Exercise: list your fears....then "I can say YES to this because if it ever happens, I will find many blessings that will enrich my life."

4. Let Go of Outcomes

a. People say whatever you visualize you create. Visualization is very powerful, but sometimes it does not happen. Be good with it either way!

Exercise: Write your goals...after each one write the words "or whatever the Grand Design has in store for me. It's all happening perfectly for my highest good."

5. Practice Making No-Lose Decisions

a. Many people (especially Analysts) tend to have a difficult time making decisions due to fear of mistake. Others (typically

Promoters) love to make decisions and eat up mistakes because they are lessons to learn from.

b. Steps: Get rid of "But what ifs?" They will stop you cold.

1) Repeat this after each decision you want to make: "I can't lose - regardless of the outcome of the decision I make. I look forward to the opportunities for learning and growing that either choice gives me."

2) Do your homework in advance.

Answer: Who can I talk to? Where can I get information to help me? What else can I do to learn as much as I can about either choice?

3) Do some soul searching...how does each option align with my core values? My priorities?

4) Trust your intuition. Listen to your gut after you do the other three steps.

6. Expand the Comfort Zone

a. As you take more "risks" you expand your comfort zone.

"Taking a risk a day forms the safety net that you create for yourself that reassures you over and over again that you can handle whatever happens in your life."

Exercise: Make a list of 30 risks you would like to take in the next month (include at least 15 in your Mannatech business). Each night choose one for the next day. When you complete it, write right after it "Yes I did it! What is my next risk?" If you find yourself having a great deal of hesitancy, repeat the following affirmation over and over: "Whatever happens, I'll handle it!"

7. Uncover the Payoffs

a. What are payoffs? Reasons why people stay in negative situations. Example: you don't like your job but you stay.

Why?

You like the pay? You are comfortable? There is no pressure?

It is easy? You don't like change?

b. Main reason we stay? We can go victim to our environment instead of taking responsibility for our lives. Example: How many of you are going victim to Texas AG? You're not sharing because of fear or knowing what you can say or fear it will be wrong? Oh my gosh, so when your Mannatech business is

continuing to shrink, it is someone else's fault. "I don't have to be responsible.

c. What are you giving up? Joy, fulfillment, happiness, peace of mind, satisfaction, self-respect, confidence, etc.

Exercise: List one area of your life you feel you are stuck (could be Mannatech business). Then ask what "payoffs", Reasons, excuses would I have to give up to change my situation?

Then ask What would I gain in letting go of the payoffs and taking responsibility for my situation?

If and when the benefits outweigh the costs, then you will change. Make a To DO list of what you need to do to change.

8. Take Back Your Life

a. Yes, we have a choice. Don't go victim. Take responsibility.

b. Complaining...this is a very common activity of someone living in the Lower Self. It also signifies a person not taking responsibility for their life.

Exercise: what big things and little things do I complain about? Make a list. Ask a friend if you have trouble...they know because they have been listening to them!

Next: list who are the people or situations you have blamed for things not working out going in your life. Then list what it is that you blame them/the situation for. Finally, list how in each instance does this make you feel?

Sounds very much like "Victim/Responsible" Klemmer work...

9. Find "Friendly" Friends

a. Friends can be your best support system...but they also can hold you back. Analyze your network...are they people who are your "Be Careful" friends, or are they your "Go For it" Friends.

It is not about abandoning these "Be Careful" friends but it is about avoiding them when you need courage.

b. Remember Like attracts Like...so you tend to surround yourself with like minded people. Find "Go for It" friends.

Exercise: List 10 Higher Self qualities you would like to have in your friends. Then start working on your having them!

Finding friends a problem? Make a list of all the activities you

enjoy then hit the local papers, colleges etc. and join groups with like interests.

10. Create a Grid of Life

a. If our "Grid of Life" is a relationship or the job, even when it is going great we live in fear that we might lose it. Wow, look at how it controls our emotions. Example: if it is a relationship, then our fear results in all sorts of relationship destroying feelings like jealousy, resentment, anger, etc. We actually destroy it!

b. Choose a "Grid of Life" that supports no Fear...see attached "Fear-Less Grid of Life".

c. For this to work, 2 ingredients:

(1) You must know you count in all areas of your life. Be important in all of them.

(2) You must have 100 percent commitment to all the areas of your life that are important to you. When you are with family, be with 100% don't be doing work. Think of examples in your life...

d. Take each area of your Fear-less Life Grid and answer "What do I want this area of my life to look like?"

"If I really counted in this area of my life, what action would I be taking?"

11. Open Your Eyes to the Abundance

a. "The art of gratitude is being able to make ordinary things in your life extraordinary."

Exercise: Make a list of 50 things you are grateful for in your life.

b. The more aware you are of the beauty in your life, the more beautiful your life will be.

Abundance surrounds all of us...we just need a new set of eyes.

12. Give it Away

a. Focus on being a giver and your fear will dissipate. Why? Because when the focus is on giving, you are not so worried about what you are going to get.

b. Get more "others-involved" so you are less self-involved...because self-involved inevitably creates a scarcity mentality.

Exercise: Four areas of your life where you can practice giving it away:

List five ways you can give more of these 4 things away (get creative): Your time, Your money, Your Praise, Your Thanks
"Ultimately, your spiritual journey in life asks that you transform yourself from a needy taking child to a abundant, giving adult."

3. 30 Day Program

See Day 3 Intention and Day 3 page entitled Affirmation
(only difference each day is the Affirmation)

Contract

Right now I commit to following the pathway to the best of who I am. I understand that this is a life-long commitment. But with every step of the way I will be learning how to access the huge amount of power and love that I hold inside. I know that I may stray from the path at certain times in my life, but I will always find my way back to this beautiful part of who I am.

Signature

Date

THE CHOICE IS MINE

*When I am tuned into
my Higher Self...*

I trust
I appreciate
I love
I care
I am at peace
I am creative
I count
I attract
I make a difference
I give and receive
I am involved
I am filled up
I am confident
I am content
I see big
I live now
I am helpful
I am joyful
I go with what is
I forgive
I am relaxed
I am alive
I love getting older
I am powerful
I am protected
I am on the path
I let go
I have so much
I am connected
I am excited

*When I am tuned
into my Chatterbox...*

I try to control
I don't notice my blessings
I need
I am insensitive
I am in turmoil
I cannot think creatively
I don't know that I count
I repel
I don't make a difference
I take
I am bored
I am empty
I am filled with self-doubt
I am dissatisfied
I have tunnel vision
I wait and wait
I am helpless
I never enjoy
I am always disappointed
I hold resentment
I am tense
I am a robot
I find life passing me by
I am weak
I am vulnerable
I am off-course
I try to control
I am poor
I am lonely
I am afraid

“FEAR-LESS” GRID OF LIFE

1 PERSONAL GROWTH	2 RELATIONSHIP	3 CAREER
4 FAMILY	5 SPIRITUAL GROWTH	6 FRIENDS
7 CONTRIBUTION	8 ALONE-TIME	9 LEISURE

DAY 3

STATEMENT OF INTENTION

I am now tuning in to the best of who I am... the part of me that is loving, giving, confident, appreciative, peaceful, and patient. I open my heart and allow loving energy to flow through me. I am aware that my life makes a difference and that every action I take helps to heal the hurts within and around me.

I move into life knowing there is nothing to fear. Within me is an endless source of wisdom and strength that will handle all that needs to be handled. I am being shown the way. I move into the light and see the huge expanse of possibility. Today I push away all self-doubt and replace it with self-trust. I constantly remind myself my life is unfolding in a perfect way. I trust the Grand Design.

I am grateful for the opportunity to create love in this world. I am listening to the Divine within me. I appreciate all the opportunities this life gives me for becoming a more caring and compassionate human being. I am truly blessed.

