

Courage and Knowledge.

If we want to, choose to, make a decision to...

...we can unlearn anything, including fear.

Our Quote of the Week is *"Courage is not the absence of fear, but rather the judgment that something else is more important than fear."* - Ambrose Redmoon

This was a total cosmic 2x4! What if, instead of shrinking down and getting small in the face of fear...

We recognize it instead as a reminder!

***"Hey Leanne, it's me, Fear. This is your reminder that I am nothing and you need to RISE UP because (duh!) there's something for you that is way more important than my old dog and pony show..."***

So we USE fear the same way we use our other triggers to do things to create vibrancy - our quote decks, Mindful Mug, Clap-Clap "Kitchen's Closed," Hydration Station, etc. These are reminders to do the next thing, to do it excellently and in a way that supports your mission to create a vibrant life.

How?

1. Breathe into the present moment. Your breath can be a tool - when you inhale, it calms your sympathetic nervous system (your fight or flight response), and when you exhale it impacts your parasympathetic nervous system which creates calm.

2. Notice it - feel it and take a look around. Does it still serve you or is it old and time to add it to the experience file and move on?

3. Reframe it. Ask: "Am I in danger? What are you trying to show me, fear? What can happen if I choose to ignore you?"

4. Gut instinct and intuition is not fear - I repeat: your intuition is not fearful! This puts you in a place of being able to reframe it.

5. Do something to stand up to fear. Are you scared to ask for help? Ask for help! Scared to share? Share anyway!

Einstein said, "You cannot solve problems by using the same kind of thinking we used when we created them."

In other words, you cannot conquer fear from a place of fear.

Use it, dismiss it if it's old and outdated (gleaning only the lesson for the experience file), and keep building your bridge anyway.

Vibrancy exists on the path and in the construction, through taking action. Vibrancy doesn't coexist with fear, it's extinguished by it.

You know what to do - now go slay the day!