

Robin Sharma said, "What we focus on expands, and what we dwell upon becomes our destiny."

But what happens when the thing we are focusing on is fear?

Fear limits, distracts, and feeds our excuses, and it can be paralyzing and anxiety-producing. But, if we recognize that this fear we carry with us (coddle and protect even!) is outdated, no longer valid and that it doesn't serve us anymore, then we can stop giving in and start pushing back.

Fear seems like a big, scary monster, but it truly is only a little old man behind a curtain like the Wizard of Oz.



Judgment; failure; letting others down; success; health issues; financial ruin; change; not being good enough.

These are just some of the many fears shared by our community which I mentioned yesterday.

We have to acknowledge our fear, sure! It's a normal response to trauma. Imagine you had a bad encounter with a vicious dog as a child. While you may grow up and realize that not all dogs are like that, you still may still have a fear of dogs and need to overcome this fear. But how?

Here are 7 steps to help you get past fear:

1. Identify your fear(s).
2. Use it/ them - listen to yourself, question it, and use it as a starting place. Remember, your logical, brilliant brain will REWARD good behavior.
3. Use your goals to create your path, then turn them into I AM manifestos every day. I teach you exactly how to do this with the Take Back Your Life Journal--this is powerful!

4. Surround yourself with your people. You know, the ones who lift and support you, and who have your back. If you're not a part of the Hot Melt Sprint group, you're truly missing out! These women are incredible and will keep you going!

5. I shared the differences between having a fixed or growth mindset. Strive for the latter.

6. Use your experience file - we all have one.

7. Remember that failure means trying again - we have GRIT not Quit!

Start by thinking "What if/Can you imagine." Believe in the change you want - feel it, visualize it, and work it.

You create more of what you're focused on so focus on the SOLUTION, not the fear. It's time to rise up and step into VIBRANCY!