

Overcoming YOU

Yesterday's show was inspired by Mandisa's "Overcomer." (You can listen to it [here!](#))

The word "overcome" has several meanings- to prevail; to succeed at dealing with a problem or difficulty; or-Leanne's favorite definition!- *to conquer and control your outcome!*

So often we allow fear and doubt to cripple us. We question whether we are up to the task at hand. We fear failure. If you recall from yesterday, our reticular activating systems find evidence to support the things we say to ourselves. When we focus on our fear, it expands and becomes bigger than the thing we have to overcome. Conversely, when we take a stand against fear, it get's noticeably smaller and more manageable.

We have to decide what it is that we want. When we make the decision to overcome-- that's when things start to shift in our lives!

STOP saying "BUT what if..." (BUT what if I don't succeed...BUT what if I'm not good enough...BUT...BUT...BUT)

START SAYING "What if--no BUT's!" (What if I stand up to my fear and do it anyway...What if I say "I've got this!")

Focus on the goal. Take off the cloak of fear and step up into your strength!

And your alignment assignment...

STEP 1: RAISE THE BAR in your life. Stop playing it safe. I'm not suggesting that you jump out of an airplane (unless you're into that sort of thing...ahem...Dawn Gardner :)) but boldly chase your goals! You cannot be part of a rising tide if you're not willing to pull up the anchor holding you down!

STEP 2: IMPROVE YOUR COMMUNITY! If you are surrounded by nay-sayers, replace them with cheerleaders! Say "Here is what you can do to support me!"

STEP 3: START WHERE YOU ARE. You can't wish away your body, or your illness, or your unhappiness. It is pointless to say "I wish I was 50lbs lighter!" (Besides, complaining has been scientifically proven to shrink your brain!)

What you can do is set a SMART* goal to lose 50lbs by a certain date, and then MAKE IT HAPPEN! (*SMART = Specific, Measurable, Attainable, Relevant, Time-Based- but more on this at the upcoming Vision Board Challenge!)

STEP 4: STOP ACTING LIKE EEYORE! You don't have a black cloud following you around! Move towards the light ~ become the light! Where your focus goes, your energy flows! Take the first step, and then another...

STEP 5: STOP MAKING DECISIONS BASED ON HOW YOU'RE FEELING RIGHT NOW. Feelings are momentary. Start making decisions that support the direction you want your life to go in. If you want to lose weight, stop and think -for example- is this supporting my goal of losing 50lbs? Every decision you make is either supporting or harming your end goals. Unsuccessful people make decisions based on their current situations. Successful people make decisions based on where they want to be.

You are here on purpose, by the design and grace of God! You are a beautiful, strong, *Wise Woman*. You have a heart, brain and a community!

You have the power to rise up!

Anchors Away...