



Annette Estes

## Top 10 Ways to Have Freedom from Fear

**W**hen I ask my coaching clients to list reasons why we hold back and stop short of reaching our goals and living our dreams, the reasons usually involve fear. Fear of failure, fear of success, fear of intimacy, fear of rejection, fear of not being good enough, fear of looking foolish.

We've all heard the acronym for FEAR – False Evidence Appearing Real. Here are 10 things you can do to begin overcoming your FEARS and ***Fully Eliminate All Roadblocks to Success.***

### **Listen to Your Heart**

Norman Vincent Peale wrote that when you have a desire for something that won't go away, that's the voice of God saying that's what you should do. Your heart holds the issues of your life. If you listen to your heart, it won't mislead you.

### **Think Differently – How Does it Feel?**

Once I was driving to a hotel in Atlanta, GA, to attend a book writing workshop. I was in my Pugeot, which was a nice car but I wanted a Mercedes Benz, even though I couldn't quite afford it yet. Suddenly, I had a thought accompanied by a strong feeling that "the next time I drive to Atlanta I'll be driving my new Mercedes." Sure enough, that's exactly what happened.

### **Believe in Yourself**

There is no one else on earth like you. Let's say you want to write a book about your weight loss success story, but don't think it's worth it because so many others have already written a book on your topic. You have a unique perspective that we need to hear. Even an expert can read your book and learn something from you. We're all teachers and we're all students.

### **Have Faith in Others**

Most people tend to worry too much about what other people think of them. It's your dream; it doesn't matter what others think you should have/be/do. And most people are pulling for you, especially if you're providing a service or product that helps them. They want you to achieve business or personal success!

## **First, Have Faith in God**

When I started my business, I had times of self-doubt and the occasional anxiety attack. How will I get clients? Will I make enough money to survive? One day a thought came to me; it was so strong it almost knocked me over. That thought was, "God got me this far, He won't drop me now." So whenever I would experience fear and anxiety, I'd think about that, and was able to get beyond my insecurity and move my career forward.

## **Think and Speak Positive Words about Yourself**

When Moses asked God what His name was, He said, "I Am." What powerful words those are. And whatever adjectives we follow those two words with when describing ourselves will determine who and what we are. If you say, "I am afraid," you will be afraid. If you say, "I am courageous," you will be brave. The quality of our lives is determined by our consciousness level. When you believe you're successful long enough, you will be.

## **Visualize and Write your Desires**

When pursuing a goal, imagine how success will look to you. What will you have, where will you be, who's with you? If you're more kinesthetic than visual, imagine how you'll feel. And if you're more auditory, imagine the sounds of applause and praise you'll receive when you've gotten there and done a good job. Try this exercise I learned from Joe Vitale's book, *The Attractor Factor*. Write down something you want to have happen. Write it in the present tense as if it had already happened, write all the details, and especially how you feel. Do this with an attitude of gratitude and watch it happen!

## **Ask, "Is it really too Late?"**

A woman in her forties wrote to the Dear Abby column and asked her advice about going to college at her age. It was an unfulfilled dream for her, but she thought she was too old. She said, "I'll be 48 when I graduate." Abby asked her, "And how old will you be then if you don't do it?" Feel the fear and do it anyway.

## **Start with a Small Step**

You've heard this before: how do you eat an elephant? One bite at a time. Any task, project, or goal can look almost impossibly huge when you're standing here and looking there. It's enough to make some people give up. You can do it by planning a success strategy on how to get there, and writing down the steps with deadlines. When you do it one step at a time, it's much easier. One good exercise is to write your ultimate goal then under it write the last step you need to reach it. Under that write what you need to reach that. Go backwards all the way down to the first step you should take. This makes it easier to see what you need to do each step along the way.

## Hire a Coach

I probably wouldn't still be in business if it weren't for my coach. Going it alone is hard for even the most dedicated self-starter. A good coach will help you get organized and focused and will guide you to your goal, giving you praise, encouragement, and assignments along the way. My coach inspired me to become a writer and has helped me tremendously to combat fear and achieve professional and personal success.

Go For It! You deserve it! If anyone can do it, you can!

Annette is a Certified Professional Behavioral and Values Analyst, Coach, and Consultant. She's an award-winning columnist and author of the book ***Why Can't You See It My Way? Resolving Values Conflicts at Work and Home***, which you can order at: <http://www.resolveconflictnow.com>

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