



BREAK THE POWER OF FEAR

Text: Kate Emmerson Images: © iStockphoto.com

As we near the end of 2010, it is a good time to reflect back on the things that you wanted to achieve this year, yet perhaps didn't. It can be way too easy to say, "Oh, I just got too busy this year, things got in the way; I just didn't make my goals important; I didn't have the energy/finances etc". While all of these may be true for you, in my experience as a coach, they may also all be simple excuses for not living your life the way you want to. But why? Another factor usually comes into play, and that is called FEAR. We want to Be, Do and Have so many things, yet the moment we even state what we want, start thinking out of the box or dream of a new life, all sorts of weird, "wonderful" limiting beliefs and "what if" scenarios start vying for our attention immediately, stopping us dead in our tracks, even before we have taken that first baby step. It happens to all of us – the only thing that

matters is whether we let it stop us, or find a way to move forward regardless. We all have that voice inside our head; we all have self-doubt – let's just accept it, and embrace rather than run away from it.

"Everything that you want is just outside of your comfort zone" - R. Allen

Interestingly, the moment you expand yourself, start taking responsibility and gaining more control of your life, there comes a time when you will have to face your fears. You cannot continuously grow or realise your dreams without confronting your fears. Most people will do anything to avoid the feeling of fear. Are you perhaps one of them?

FEAR, as the acronym stands for: "False Evidence Appearing Real". Read this again - we create 99% of the fears in our minds and hearts. We create things that do not exist, we forget that our fears are an illusion, and yet we then live in



the shadow of our fear and wonder why we are miserable playing small.

- Do not shy away from the things that you fear.
- They are really NEVER as bad as you make them out to be.
- It is all an illusion really.
- Don't for one second assume that successful people don't have any fears
- Will you let your fears dictate to you, or ACT IN SPITE OF YOUR FEARS??

If you typically shy away, you can say you want wonderful new things in your life, adventurous new goals, or fulfilling your exciting wish list until you are blue in the face, but eventually you will have to face your fears at some point along the way. Facing our fears is a natural part of progression to force us to grow and to confront things in our life. It makes us stronger, more resilient, and gives us a huge kick of self-achievement when we finally overcome our fears. And yes, it can be incredibly intense and scary – but the elation of overcoming it is worth the challenge.

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The thing is: if you are not prepared to "fail" by at least trying, you will never reach your goals.

If you let fear run and ruin your life, you can be 100% assured of failing.

I always think about something in the following way - let's say you are scared of failing at something, so your intention will be to protect yourself, and consequently don't even try because of your fear of failing. But that automatically implies that you have failed because you will never try, so failing becomes the "given". In other words, you have fulfilled your very own fear by simply giving into the fear and not doing it. Does that make sense? So who on earth is in charge here - you or YOUR FEAR?

You may need to give up your fears in order to get the life that you want. So here is one closing thought for you: "What would you be doing right now if you had absolutely no fear whatsoever? How would you be living and creating your life? You are the only one that can live your life and do your own push-ups. Start taking responsibility for your own happiness, take your life by the horns and drive it the way you really, really wish it to be. Don't sit around waiting for someone else to give you permission - do whatever it takes to face your fears, whatever they are for you; get excited about your life again by overcoming them one by one, no matter how big or small. It is never too late to make a change, NEVER. Let me suggest that you use your fears as a pointer – that in actual fact the very things that you fear are the very things that matter the most and those fears are begging you to face them head-on. See them as invitations to grow and shine, not run and hide". ✨

Kate Emmerson is a professional life coach who supports you to create space so that you can move forward with clarity. She writes specialised e-courses to transform and ignite your life at an affordable rate. She constantly helps change people's lives through her courses, speaking and writing.

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