

Go For It!

When I ask people to list reasons why we stop short of reaching our goals and living our dreams, the answers usually involve fear. Fear of failure, success, rejection, etc. We've all heard that FEAR stands for False Evidence Appearing Real. Here are ten things you can do to get control of your FEARS and Fully Eliminate All Roadblocks to Success.

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

2. Dream big. A client of mine was once driving to Atlanta. She wanted a new luxury car, even though she couldn't afford it yet. She had a thought accompanied by a strong feeling that "the next time I drive to Atlanta I'll be driving my new dream car." Sure enough, with help from her financial advisor, that's exactly what happened.

3. Have faith in yourself. There is no one else on earth like you. Perhaps you want to write a book but think it's useless because others have already written it. You have a unique perspective we need to hear. Even an expert can read your book and learn something from you.

4. Have faith in others. Most people tend to worry about what other people think of them. It's your dream; it doesn't matter what others think you should have, be, or do. And most people want you to succeed, especially if you're providing a service or product they want.

5. Have faith in God. When I started my business, I had moments of doubt and anxiety. How will I get clients? Will I make enough money to survive? One day a powerful thought came to me: "God got me this far, He won't drop me now." So whenever I have an anxious moment, I repeat that affirmation and move forward with courage and faith.

6. Use positive self-talk. 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. ACT successful, and you will be.

7. Expect positive outcomes. 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, imagine how you'll feel. And if you're more auditory, imagine the sounds of praise you'll receive when you've succeeded.

8. Ask, "Is it really too late?" A woman in her forties wrote Dear Abby to ask her advice about going to college. 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?"

9. Start with a small step. 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 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.

10. Enlist help. 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 and encouragement along the way. If not a coach, then find a mentor or really good friend who will walk with you all the way.

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

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