

Content Outlines

5 Ways You Give in to Fear (And How to Stop)

overcoming fear, self-confidence, building confidence

Key thought: Giving in to fear keeps you from success.

I. Giving in to fear makes you feel safe (temporarily) but keeps you from achieving your goals or pursuing what matters.

II. Recognize the ways you give in to fear so you can change them.

1. You give in to fear by avoiding decisions.

a. Stop by making conscious choices and writing them down.

2. You give in to fear by following the crowd.

b. Stop by voicing your own opinion.

3. You give in to fear by avoiding risk and difficulty.

c. Stop by choosing what is most difficult first and taking one small risk every day.

4. You give in to fear by accepting distraction.

d. Stop by eliminating what distracts you and setting aside blocks of time for focused work.

5. You give in to fear by creating unreachable conditions.

e. Stop by setting realistic standards and creating the right conditions.

III. Choose one way to change today and apply it toward your greatest fear (which is usually linked with your greatest passion).