

3 Ways to Overcome Fear

Accelerating Excellence with Del Gilbert
Podcast Episode #89 - Resource Guide

"Everything you ever wanted is on the other side of fear."
-George Adair

1. TAKE ACTION

When you step into your fears, they shrink.
When you shrink from your fears, they get bigger.

"What looks large from the distance, up close ain't never that big." - Bob Dylan

When you act, your fear will fade, and your confidence will grow.
You will never be the person you can be if fear and discomfort are taken out of your life.

2. MAKE YOUR FEAR OF MISSING OUT GREATER THAN YOUR FEAR OF MESSING UP

"The greatest mistake you can make in life is to be continually fearing that you will make one." - Elbert Hubbard

If you don't go out on a limb, you'll never get the fruit.
If you are unwilling to put yourself out there, in fear of a little criticism, you are also missing out in making a difference. Your brave can be someone else's breakthrough.

3. FLIP THE SCRIPT ON FEAR

Decide to Play Offense, Not Defense

Punch fear in the face. Make fear flinch, not the other way around.
Don't just hope to survive, seek to thrive.

Decide you are going to change your corner of the world; to make a dent in your part of the universe.

Life shrinks or expands in proportion to your response to fear.
