

How I Overcame My Fear and How You Can Do It Too

FEAR – False Expectations Appearing Real.

“If your dreams don’t scare you they are too small” ~ Sir Richard Branson

How often do you let fear stop you from achieving your goals and dreams?

One of my favorite quotes is “Danger is real, fear is a choice”. Unless you’re facing physical danger, your fear is imagined. You are imagining some future negative situation which only exists in your mind. Are you going to let your imagination get in the way of the success you want to achieve?

I find it fascinating how our deep-seated beliefs and fears have to be peeled away layer by layer. Despite having worked on my own core issues for years now and helping many clients to do the same, it’s a process, and in some cases a lifelong one.

My Fear

In early March, I decided I wanted to share information on YouTube, but I’ve had this resistance to seeing myself on video – far too critical of my little mannerisms. Aargh! So the Universe obliged and I was invited to join a video challenge. Perfect timing! (Interestingly, I’d been invited to participate several months before but it hadn’t been the right time – I wasn’t quite ready.) This time I jumped right in and had a ball!

By committing to producing a short video (only 2 minutes) every day to be shared in the private group, and getting really positive comments from the other 'challengers', I discovered how much I love to share knowledge and information on video. So, on May 14th I launched my video channel with my first public videos and officially overcame my fear of going public.

(Interestingly, there is an archetypal fear of visibility, especially among women, because of fear of exposure, criticism, not good enough, failing and even past-life fears of persecution and even death!)

The best way to overcome the fear is to do it in baby steps. Yes, you need to step out of your comfort zone, but you don't have to leap off the cliff on day one!

Whatever fear is holding you back from your desired achievements, think of the smallest step you can take to move towards your goal. Start doing it in a safe environment where you'll get encouragement and support. Usually, the fear is related to a lack of knowledge or skill, fear of failure, and fear of criticism, but the more you practice the skill, the better you become and the more confident you become. I can guarantee that if you practice, you'll look back and wonder why you waited so long to start! I know I did!

So now it's out in the open and I'm making a commitment here.

I'll be posting 3 videos each week – Monday is Empowerment Day, Wednesday is Manifestation Day and Friday is Practical Tools Day. I hope you'll visit my channel and if you like what you see, please comment, like, share and subscribe. Because it's so new I haven't got enough subscribers yet to create a sexy link so it's full of numbers!

<https://www.youtube.com/channel/UCQWb-NTlstTVm30m1-tJM0g>

I'll be sending them out in my weekly newsletter too. You can

sign up at www.thesuccessalchemist.net

So, here are the first 3 videos... they're quite short. If you like them I'd love to have you go to YouTube and comment, like, share and subscribe to my channel. I've got lots more to share and I'd hate for you to miss them.

What is Empowerment?

Spiritual Manifestation

Do's and Don'ts of Goal Setting #1

Let me know what you think in the comments or email me at jan@thesuccessalchemist.net and let me know how YOU are going to move out of your comfort zone, overcome the fear and achieve your dreams.



Jan Moore – [The Success Alchemist](#), is a Spiritual Empowerment and Intuitive Success Coach. She provides practical life and business strategies plus intuitive guidance, sprinkled with spiritual and metaphysical principles so you can create unstoppable success in life and business. Jan also hosts the Cosmic Creating Radio Show every Saturday on Cosmic Reality Radio. Get your FREE copy of her [Dream Achievers Success Kit](#) or sample the power of her coaching with a no-cost [Unstoppable Success Strategy Session](#).