



Fear

Hi! I'm Sharon Jurd and today I want to talk to you about your fears. Now I want you to think about the last time you were really fearful and your actions around that because when we tend to become fearful we sit, we sit and we think about it a bit more and a bit more and a bit more. And what happens is that fear grows and it grows and grows and grows until you are actually that fearful that you actually can't move or do anything about it. So what I suggest to you to do is when you become fearful, take action. Wherever you're making movement and taking action then that fear can't grow and grow.

So what you have to do is start with a small step, it doesn't have to be a large action but just a small step and think, "What am I going to do so I don't become more fearful?" And if you just chunk those actions down into small, little steps and just keep taking one step after another then that fear will become less and less and less. And I see it in business owners all of the time whether they are fearful of going out and promoting themselves or going out and promoting their businesses but if they take small steps then they will do what they need to do in the end and then they look back and they go, "What was I fearful about? I should have done this years ago." I'm sure you've heard that saying.

So I say to you, when you feel fearful, don't sit and let it grow. Take some action and move forward.