

# Holistic Business & Life Coaching

Grow Your Business, Grow Your Life

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## Don't let fear stop you

***“The only thing we have to fear is fear itself.” Franklin D Rossevelt.***

How often have you thought you would love to do something, like try a new career, expand your business or go for a promotion but you talk yourself out of it? You tell yourself that it is too risky, fear of failure just stops you in your tracks. If you don't overcome those fears what happens? NOTHING!!! Yes, that's right absolutely nothing happens, you stand still, you don't progress and you become disappointed with yourself and hugely disappointed with life. Is that what you want for your life?

You will probably be thinking of all the reasons and excuses why not to take those risks. Especially at the moment, with the economy in such a bad state. You think to yourself that it is absolutely the wrong time to make a move or to try something new. Well, sometimes that can be the best time. Opportunities are around in harsh economic times, just as they are when the economy is booming. You just have to look for them and recognize them when you see them. Then you have to overcome the fear and do something to exploit those opportunities.

Michael Hill Jeweller did just that. He started up his business when he had lost everything. He had been working in his Uncle's jewelry store for 23 years, just cruising along going nowhere fast. He had just built a new house when it was completely lost in a fire. That was the catalyst for Michael to start up his business. He had lost everything, he had nothing left to lose, so the fear of failure disappeared.

If there was absolutely nothing to lose, if success was guaranteed, what would you want to be doing? It is worth really thinking about this, because following your passion is the best way to live your life. That passion may be something that seems unachievable, but if it makes your heart sing, it is what you should do.



*“It is not the mountains we conquer but ourselves” Sir Edmund Hilary.*

Take time during the next month to be aware of the things that make you feel glad to be alive and think how you can start to make them part of your life. If it is scary to let yourself think like this, then you are well on the way. Feeling the fear, overcoming that fear is absolutely the only way that we can ever move forward. Have a fearless month

Regards  
Jann