

DO IT NOW – Action Cures Fear

Don't worry I am not talking about jumping of a mountain! Unless of course, that floats your boat! What I am talking about is all the things you keep telling yourself you are going to do one day but, for some reason or another, you just never quite get around to it.

What is really stopping you from getting started on your health regime? What is stopping you from going for the new job or the promotion? What is preventing you from starting your own business? What is holding you back from asking that person you are attracted to out on a date? What is stopping you from doing the things that you know will change your life but you just can't quite get yourself to do?

Is it fear? The fear of what might or might not happen, the fear of rejection and/or the fear of failure?

The reality is that the fear won't go away. In fact the longer you wait to act the bigger the fear gets and the harder it will be to take action. You really have two choices;

1. Live your life in the fear of what might happen and never achieve anything and live an unfulfilled life, or
2. Do it NOW anyway – face the fear and act!

You will find that if you face the fear and act, the thing that you were fearful of is really not that big a deal. Once you get into the habit of facing fear and acting you will strengthen your resolve and achieve more in life than you ever thought possible.

Action really does cure fear!

Have you ever got on a scary ride at the amusement park? Have you ever bungy jumped or parachuted? Have you ever gone into the cold water for a surf? Have you ever made a call to someone that you were hesitant to make? Have you ever spoken in front of a group? How did you feel before you did it? I bet you were scared. How did you feel afterwards? I will bet you felt amazing, incredible and that you could do anything in the world. Isn't it a fantastic and empowering feeling. **All it took was action**

So, now is the time for you to act on that thing that you have been putting off. The thing that you know once you take the plunge will improve your life forever.

Yes, there is a chance that it won't go as you had planned and you may need to make another attempt – so what? There is one certainty, however, if you don't act you will never achieve anything in your life. Which would you prefer?

The action doesn't need to be massive. Just take the first step to being fitter and do some walking. Just take the first step to being healthier and start eating breakfast. Just take the first step to being happier and smile more. Just take the first step....

ACT NOW and enjoy the amazing results

