

THE BEACON for Personal Power

For People Seeking Ultimate Personal Power



OCTOBER 2007: Are you fear stuck?

YOU Too Can Learn How To Get Rid Of Fears With Ease!

Get ready to stop those fears from holding you back and find your ultimate personal power.

In this new edition of The Beacon for Personal Power, I'm going to reveal to you 10 FEARS that keep you from getting what you want. That's right. Ten of the most powerful, debilitating fears and most people can relate to at least one or more of these.

Look Inside To Discover How You Can Get Unstuck And Get Moving

My personal secret FEAR is the fear of being abandoned. It stems from an incident that happened to me about 35 years ago and it still haunts me today. Old limiting beliefs can turn into fears and stay with us for a very, very long time.

But now you can get rid of fears with ease.

Learn 3 easy steps to keep your fears from holding you back. I've even given you an exercise that you can use over and over to zap those fears forever.

I hope you enjoy this issue of The BEACON for Personal Power and as always, I welcome you comments. Just email lois@discoveryyourselfcoaching.com and share with me your tips and strategies for zapping your fears. My best to you for a wonderful autumn season....guess what? It's only two months till Christmas.
Warmly,

Lois Galloway
Your Personal Coach

10 Fears That Keep Us From What We Want

Fear often stands between us and our ability to make decisions, take actions, or ask for what we want. Sometimes it even keeps us from knowing what we really want. It is the gatekeeper of our comfort zone. "Fear stands between you and your ability to go anywhere you like, do anything you want, and meet anyone you please," writes Rhonda Britten, author of several books on fear, including "Fearless Living".

But as poet-philosopher Ralph Waldo Emerson once said, "He has not learned the lesson of life who does not every day surmount a fear."

Here are 10 fears that commonly get in our way and keep us stuck.

1. **Fear of being judged.** Needing approval from family or peers can keep us from going after dreams and goals.
2. **Fear of rejection.** Rejection just means that someone else has a different opinion.
3. **Fear of emotional pain.** Rather than incapacitate us, painful feelings can sharpen our sense of joy and gratitude.
4. **Fear of embarrassment.** Making mistakes publicly is awful only when we let ourselves feel ashamed.
5. **Fear of being alone or abandoned.** A strong sense of self-worth and what we can offer the world reduces this fear.
6. **Fear of failure.** A biggie for most of us and born of the notion that it's not OK to fail.

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7. **Fear of success.** More responsibility, more attention, pressure to perform can be frightening when we don't believe in ourselves.
8. **Fear of expressing feelings.** An authentic life means being willing to express our true feelings to our loved ones, colleagues, adversaries and especially ourselves.
9. **Fear of intimacy.** Emotional intimacy - really being seen by another, can be as scary as sexual intimacy.
10. **Fear of the unknown.** The unknown can be exciting and vast if we shift our fear to curiosity.

About five years ago I read a book entitled, "*Feel The Fear And Do It Anyway*" authored by Dr. Susan Jeffers. This book changed my life in many positive ways and I have been sharing these insights with my clients ever since.

The most crucial thing that I learned from this book was that everything in life depends on your attitude, your perception of the situation. It's not what people say or do. It is however, how YOU view it.

Make fear your ally. Embrace it and grow. Allow your fears to push you through your perceived limitations, move you far out from your comfort zone and become an unstoppable force in your own life.

What I Have Learned...

I have learned that taking away fear opens up the door to dreams.

Quote

"To think too long about doing a thing often becomes its undoing."

- Eva Young

Are You Stuck in a Rut or Have You Chosen to Put Your Life on Hold?

For many people, the idea of trying new things to jumpstart their lives is absolutely terrifying. Even though things aren't unfolding the way they want, the fear of making a mistake forces them to do the very thing that guarantees nothing will change.

They do nothing.

What can you do when you feel as if your life is on hold?

Most successful people take the initiative and seek out the services of a personal coach.

A coach can help you see what you can't see yourself. AND a good coach will ask the right kind of questions - the kind you can't answer right away, the ones that will make you think twice before answering.

If you are currently using 'yourself' as a coach, you may be missing an opportunity to explore beyond your own assumptions and limiting beliefs.

Why not get empowered to get past procrastination and get moving?

Give me a call and we'll set up some time for your **FREE 30 minute introductory coaching session**. It would be my pleasure to talk with you about what is holding you back from being the amazing person you want to be.

Email me: lois@discoveryyourselfcoaching.com
Or give me a call at (905) 713-1352

You can find out more about coaching and pick up your **FREE** report at my website:
www.discoveryyourselfcoaching.com

Don't put this off any longer.
Autumn is a great time to get back on track.

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Scare Yourself Into the Life You Want

Go on....what's stopping you? Go ahead and ask your boss for that raise. Speak your mind next time you disagree with someone's opinion. Call that person you met last week and engage them in a conversation. Start that business you have always wanted to but keep putting off. Be brave and head off for that audition. You fill in the blank.

World War 1 Fighter Ace, Eddie Rickenbacker once said, "Courage is doing what you're afraid to do. There can be no courage unless you're scared."

Ask yourself this: "Am I afraid?" If so, congratulations! You've just identified the pool you need to dive into to begin reclaiming your life. However, if you decide that the water is too cold, too deep or you just don't feel like swimming today, FEAR wins. And you lose!

When I coach my clients to deal with and overcome the fears that keep them stuck, I often use the Dale Carnegie three-step method from his book entitled: "How to Stop Worrying & Start Living". This is one of the most effective methods I have ever read and one that I have personally experienced.

This is how it works:

Step #1

What is the worst thing that could happen? Often people ask a more rhetorical question - "What might happen?" but they don't really answer it. Fearlessly analyze the situation and honestly determine what is the worst that can possibly happen as a result of failure.

Step #2

Once you determine the worst that could possibly happen, reconcile yourself to accept it, if necessary. (Notice how you will immediately relax and feel a sense of peace.)

Step #3

Now, calmly devote your time and energy to trying to improve upon the worst which you have already visualized and mentally accepted. (You'll most likely come out way ahead from what you had imagined because now, without fear, you'll have the positive energy to concentrate on the solution instead of the problem.)

Here's an exercise that you can try:

Try doing scary things intentionally. Yes that's right, intentionally.

Consider making it a practice to do at least one scary thing every day. Doing so begins to exercise a muscle that's been atrophied for too long. Each and every time you take action rather than avoid it, you strengthen that muscle and build self confidence, self-reliance and self-trust.

You will begin to say "I can" more often than "I can't".

Dr. David Schwartz wrote in the classic, "The Magic of Thinking Big", "The best way to overcome (his exact word was "cure") a fear is through action." Have an awesome time learning to live a fearless life!

Contact Lois for a **FREE 30 minute discovery session** either by phone or in person.

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Lois Galloway is a member of International Coaching Federation, Coaches Canada and International Association of Coaches; trained by Coach University, Facilitation First and Relationship Coaching Institute, all well respected training facilities.



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Lois provides her clients with a nurturing, non-judgmental space to engage in stimulating conversations and explore exciting possibilities that get positive results.

Her 30 years experience as a successful entrepreneur helps guide individuals on their journey toward personal and business related goals.

Personal Coaching:

- Women in their turbulent (sometimes troublesome) 40's and 50's
- Middle-age men wanting to reshape and transform their lives

Business Coaching:

- Business owners who can't find enough hours in the day to get things done
- Leaders who are paralyzed by fear of failure
- Team players who are frustrated with dysfunction and conflicts

Facilitation:

- Focus Groups looking for clarity and solutions
- Business teams, meetings
- Workshops and teleclasses
- Lois is a Certified PRINT Survey Assessment provider/coach.

Lois' fees are available upon request. For fee structure and additional information, please send an email to: lois@discoveryyourselfcoaching.com

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