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*Coaching***NEWSLETTER****March 2007****Denise Hedges**denise@lifeworkcoaching.comwww.lifeworkcoaching.com[Forward this newsletter to a friend](#)

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The Secret to Eliminating
Self Doubt and Fear

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The Secret to Eliminating
Self Doubt and Fear

Change the Things that
Aren't Working in Your
Life or Get Your Money
Back! Guaranteed.

**For busy professional women and small
business owners wanting more success and
fulfillment in their careers and more time,
balance, and joy in their personal lives.**

The Secret to Eliminating Self Doubt and Fear

I've been on a path of self-awareness and transformation for many years, being a proponent of the Law of Attraction and the power of positive intention. And yet, for a period of time last month, an inner dialogue of self-doubt inundated me about my ongoing success as a speaker and coach. It was disconcerting, mostly because it was so out of character for me.

I don't spend a lot of time in fear, doubt, and insecurity... at least when it comes to success in business! I built my practice quicker than almost anybody I know by using the success tools of Attraction.

In fact, I *teach* this stuff! I've been quite successful in helping other women, especially those who have their own businesses, to move past their fears and doubts to a secure place of confidence and trust.

So why was my inner critic so busy trying to pull me off course?

I did the things that usually work for me. I noticed what was bothering me and I consciously "soothed" myself. I told myself the kind of things that typically make me feel better. I changed my focus... not giving the negative, self-limiting thoughts any attention. And still, those inner voices would NOT be soothed. They kept up the barrage, refusing to quiet down. What the heck was going on?

Then it hit me! I was trying to *snuff* that inner dialogue without allowing it to give full voice to its fears and concerns. Could it be that in my efforts to shift or transform it, I was actually *resisting* it and unknowingly giving it more energy?

If so, I wasn't adhering to the advice that I've given to

thousands of women. Allow your inner voice to speak its concerns. Feel the feelings associated with it. Recognize that your inner critic actually has a positive intention. Its purpose is to keep you *safe* by pointing out the possible pitfalls in life. It needs to be heard. Your feelings need to be felt. I'm not suggesting that you let your inner voice run amuck. Feeling them completely for even a short period of time allows them to transform.

With this realization, I made a promise to myself. I would set aside the time to listen. *Really listen...* just like I was listening to a child who had fears and self-doubt. I wouldn't judge its concerns. I wouldn't argue.

Most importantly, I wouldn't try to "fix" it.

Have you ever had the experience of wanting someone to simply listen to your concern and instead they try to fix or solve your problem? It feels *awful*, doesn't it? So if we dislike when others do that to us, why do we do it to ourselves?

So, I LISTENED... giving my inner critic my undivided attention. She told me all the things she was worried about. The interesting thing is that it really wasn't all that much when I listened without trying to DO anything.

Then, something absolutely miraculous happened! And it happened within five to ten minutes. I listened... and all the doubts, fears, and insecurities *disappeared*. Completely disappeared. Weeks have passed and these concerns have never resurfaced.

It was a totally magical experience! I spent days trying to fix, change, shift, and transform my fears and doubts when all I needed to do was listen.

Change the Things that Aren't Working in Your Life or Get Your Money Back! Guaranteed.

Do you work hard... try hard... and yet, don't always achieve the results you want?

Do you struggle to make ends meet, wishing you could be one of those "lucky" people who seem to have success handed to them?

You can.

Here is the secret that nobody may have told you. This is a *learned* skill. One that YOU can learn. You can actually be one of those "lucky" people who have it all... money, success, love and happiness.

*I purchased both Denise's CDs, **Decide ~ Believe ~ Dream** and **the Power of Attraction**. **Because of these programs, I was able to make my lifelong dream come true.** I opened my own independent private school last fall with nearly maximum enrollment! To add to my delight, our school is so successful that we're expanding from one school to three in our second*

year of operation!

*- Kate Hyde, Asheville, NC
The New Classical Academy*

On the CDs Kate mentions, I share with you the very strategies and practices I used to turn my life around. I was someone who was dreadfully unhappy. For starters, I didn't have a relationship in my life and I wasn't working at a job that fulfilled me anymore. Today, I'm one of the happiest people I know! I have an awesome relationship with a very special man and I tripled my income working in a business that's more fulfilling than any work I've ever done. It's not all about the money, although that's nice. It's about making your dreams come true!

On these CDs, **Decide ~ Believe ~ Dream and the Power of Attraction**, you'll learn a proven process to intentionally create *anything* you want, whether that's rewarding work, financial success, or new and better relationships. If there's something you want that you haven't been able to bring into your life yet... you've got to listen to these CDs.

These programs will change your life. Guaranteed. (Or I'll give you your money back! That's how sure I am.)

Through the end of this month, you can buy both CD programs – *The Companion Set* – for only \$40. That's a **20% discount off the retail price!** Simply click [here](#).

Enter this promotional code, **March07**, when prompted and you'll receive a 20% discount on anything you order this month. And please, feel free to pass this discount on to your friends or family.

Wishing you wealth in every area of your life,
Denise

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This free publication is produced monthly and features inspiration and strategies for building your career or business while creating more time, balance, and joy in your personal life. Your feedback is always welcome.

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