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Coaching

NEWSLETTER

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Do It Afraid

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Why Aren't You Getting
What You Want?

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.

Do It Afraid

"It's been said that our anxiety does not empty tomorrow of its sorrow, but only empties today of its strength.

Charles Spurgeon

Look at those words closely.

Anxieties... worries... fears. They **steal** from you. They steal today. They rob you of right now. They drain you of your strength.

In the April newsletter... *Keeping Your Power On...* I talked about living joyfully in the moment... right here... right now... rather than waiting for circumstances to line up.

Without a doubt, a big part of being happy in the present comes from just BEING happy... choosing to love your life regardless of your circumstances. But there's another kind of happiness that comes only from experiencing real fulfillment in your life. It comes from DOING the things that light you up... the things you feel as if you were put on earth to do.

Enter fear.

Fear can immobilize you and make you miserable, robbing you of the strength to take on big things... the things you know in your heart you really want to do, but are afraid to try.

"Oh no, I couldn't do that. I might be making a mistake. I might fail. I might embarrass myself. I might look stupid. I might lose money. I might get hurt. People might think badly of me."

All that is true. You might be making a mistake. You might fail. You might indeed look stupid, but that goes for any risk you ever take. What's worse? Making a mistake or two along the way or living so cautiously that you never make any? You already know what *I* think. Life's short. Play big.

But what do you do about the fear?

The strange title of this newsletter comes from some advice a Louisiana Cajun mother gave to her daughter as the girl was about to pass over a wonderful opportunity out of fear she might fail. It's oddly worded, but exactly on the mark. ***Do it afraid.***

And that's my advice to you. It's okay to be afraid. Just don't let that stop you. Do it anyway. It's okay to acknowledge your fears. Just don't focus any real attention on them or give them too much energy. Accept a little fear as part of the deal. Include it and move forward. That's where the real breakthroughs in life come from... experiencing fear and continuing to move forward regardless.

To add to what we said in the April newsletter...

What makes ordinary people like you and me into extraordinary human beings is not some special trait that allows us to be fearless. Instead, it's the ability to do what we want to do no matter how scared we are. What makes someone extraordinary is the ability to move beyond the urge to play it safe and *do it afraid.*

I can tell you that the first time I had the chance to speak to 100 people, I was pretty anxious, but everything turned out great and I'm glad I did it. I now speak to groups of that size and larger on a routine basis.

Last year, I spoke to almost 1,100 people in a hall the size of an airplane hanger. As I contemplated giving that speech, there were times I was just plain scared. But as I walked onto the stage, a calm came over me. I knew I was fine.

Speaking to people about what's important to them in their lives is what I was put here to do. At some point, my purpose in life became more important than the fear and I was able to deliver an uplifting and empowering message.

Several people in the audience came up to me afterwards and told me, some with tears in their eyes, how much what I said had meant to them. Many have called me since to tell me how that day changed their lives. They felt as if I'd given them a gift. They didn't know it was I who was blessed to be there. It was I who had gotten the gift... the gift of being able to make a difference in the world.

Things didn't go perfectly that day. They seldom do. But there's no way I would have chosen to play it safe and not be there.

So tell me, what are *you* worried about? What anxieties are

emptying this precious day of its strength? And, more importantly, what would you be doing right now that would bring you fulfillment and happiness if fear weren't an issue? Because it doesn't have to be.

Just allow the big things you're up to in life to be more important than the fear... and do it afraid.

Why Aren't You Getting What You Want?

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, **June07**, 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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