



PERMISSION GRANTED

Courtland Warren

#3

TABLE OF CONTENTS

INTRODUCTION	1
1 // BURN YOUR SHIPS	2
2 // AN ACCEPTABLE UNCERTAINTY	6
3 // REFRAME THE FEAR	11
4 // ALTERING YOUR STATE OF VIBRATION	15
GLOSSARY	19
EXERCISES	20

INTRODUCTION

This is a book about frustration. Now, it's important to keep something very vital in mind: this is a book about frustration in the same way that going to the doctor is about being sick. Think about it: when you make a trip to the doctor, what are you *really* seeking? Of course, this answer will vary from person to person. Plenty of people go to the doctor for a simple solution. "Fix me up, so I can move on with my life." Nothing wrong with that.

But if you've picked up this book, it's likely you try to get something more out of your trips to the doctor. You're probably the kind of person who doesn't simply seek a solution — you seek understanding. The fix isn't enough; you want to know *why* and you want to know *how*. You want to broaden your understanding and improve the way you move through the world.

Which brings us back to frustration. It's a normal thing to experience, and it's something literally *everyone* deals with. But that's not why you're here. You're here because you want to understand your frustration. You're here because it's not enough to simply beat frustration back: *you want knowledge*.

Back in the first book in this series, *Massive Action*, we talked about the distance that lies between awareness and action. We talked about how it's one thing to *know* what you should do... but it's another thing to muster up the motivation, discipline, and consistency required to go about enacting the massive action that you know your life deserves, that you know is required to move you from where you are to where you want to be.

I've got good news for you. Now is the time for that movement. Now is the time to become. Now is the time to create. Now is the time to actualize, to build, to make new. Now is the time to couple that action awareness with your unlimited wholepower.

Now is the time to grant yourself permission.

CHAPTER ONE

Burn Your Ships



The year is 1519. It's July, and you're in Veracruz, eastern Mexico. It's hot, and the air is thick with moisture in a way that makes you feel like you could reach out and grab some to drink if you were thirsty enough. Even still, you're covered in a good fifty pounds of armor. You wade through the break-water with a corresponding fifty men behind you. Similar groups wade with you, spanning the beach in each direction. You look down, and see yourself reflected in the water: your carefully constructed self-image stares back at you, and your recent career quickly flashes through your mind.

Your name is Hernán Cortés. Your life has been pocked with frustration. Feelings of untapped potential. Just a year ago you were put in charge of making sure that the “newly-discovered” Mexico would have its interior safe and ready for the Spanish government to set up a few colonies...right up until you pissed off your boss and got your position revoked. Your next move? Go anyway. You've made your way down the coast, and here you are. You're at your last stop. This is the point of no return; it's now or never.

You push forward, your progress made difficult by the shin-level water. Each step is a chore, and still, you cut through the surf with purpose.

Then you stop. You look back at your second in command, and without even turning all the way around, you say over your shoulder, “Burn the ships.”

Your second stops and falls silent for a moment, not seeming to comprehend the order you've just given.

You say it again, louder. So your second can hear you. So everyone can hear.

“*Burn. The ships.*” There will be no retreating, now. No matter what.

*

*

*

The story of Hernán Cortés' legendary decision to burn his ships is one of my very favorites, for a lot of reasons. Chief among them is the way it shows us a *genius* level response to a very common frustration experienced by those

of us who yearn to do something significant with our lives. To be more, to do more, to accomplish more. It's something experienced by leaders and learners just like you. That frustration is something that a good friend of mine once described to me as **the distance between awareness and action**. For many of us, there exists a gap between where we are and where we *want* to be. Crossing that gap requires action. *Massive* action. It requires making changes, breaking down established patterns, and challenging the status quo in major ways.

These are all things that can be incredibly difficult. All things we feel much more comfortable confronting when we have a level of certainty behind our backs. When we *know* what our outcome will be. When we feel comfortable and prepared. And many of us are familiar with the stalling and hesitation that can come before we've found that kind of comfort.

So how do we do less of that stalling and more of that moving? How do we cut through the weeds and reveal the clearest path to massive action? Before we answer that question, let's zoom out just a little bit.

When you take massive action, what you're doing is taking **decisive action**. How do we know this? Let's take a look at the roots of the word "decide." Con-

DECISIVE ACTION

Action that arrives only when all other possible options have been voluntarily eliminated and completely cut off

sider the word, and consider its etymology. In its purest form, the word *decide* means "to settle a dispute," and it comes to us from a Latin word that literally means "to cut off." The *de-* part, which we're all familiar with, means "off," while the *-cide* part of the word comes from the Latin *caedere*, which literally means "to strike down" or "chop."

By now, you may be wondering how this all relates to our good friend Cortés, and his ships on the eastern coast of Mexico. Well, when we truly decide, it's as though we've *completely cut off all other options*. True decisiveness involves the arrival at a place where we have absolutely removed any and all avenues of retreat. When we find ourselves hesitating or wavering, it's because we're considering the other options, the ones we've allowed to continue surrounding us. Considering those alternatives only stalls us. Alternatively, the action

required to move forward keeps us focused on the work, the difficulty, the time it will take, and the prices that will have to be paid. All of that unwillingness? All the hesitation to make moves? It's the by-product of the consideration of all those other options. One way to consider this paradigm is with a quote that comes to us from Adam Grant, author of *The Originals* (highly recommended, by the way):

Once commitment is fortified, instead of glancing in the rearview mirror, it's better to look forward by highlighting the work left to be done. When we're determined to reach an objective, it's the gap between where we are and where we aspire to be that lights a fire under us.

- Adam Grant

Familiar concept, right? Crossing the distance between where you are and where you *want* to be? It's an idea that we talk about all the time, and it's that very distance that should light a fire under you and spur your forward momentum when you find yourself stalling. Don't consider your alternatives: that's a glance in the rearview mirror, and it's not what you need. Instead, consider what's left to be done. Keep yourself trained on that windshield, on the road ahead of you. Stay focused on what lies ahead, lest you miss that hairpin turn until it's too late. You see, it's that hairpin turn that sneaks up on you and puts you axel-up in a ditch when you get caught with your eyes on the rearview mirror, and this is a concept that we're going to come back to many times over the course of this book. The path to massive action, to *true* change — it doesn't come from certainty. Not even close. Instead, it comes when you have left yourself *no other path*. You see, something happens in human beings when we've eliminated any and all other alternatives. So the next time you find yourself in a place of hesitation — the next time you find yourself knowing what to do and what action to take, but for some reason you're still stalling or procrastinating...it might be because you haven't truly *decided* yet. Maybe it's time to get out that mental machete and chop away all the alternatives until all that's left is your clear path to massive action.

CHAPTER TWO

An Acceptable Uncertainty



So what if I decide the wrong thing? What if the outcome isn't perfect? What if things don't go exactly as I had planned?

Almost nothing stalls action the way uncertainty can. Even when you've made your decision and you feel like you're ready to move, there can still be fear. There can still be uncertainty. *What if this decision results in something that isn't what I expected?*

I've got some news for you: There isn't a tool, a technique, or even a formula that I can provide you with in this book — or anywhere, for that matter — that will absolutely ensure the outcome of any decision you make. Why is that? It's because there will *always* be an infinite number of possibilities, and my friends, there is just no way to prepare for the infinite. There is simply no way to *guarantee* that your actions will have the outcome you desire. There's no way to make yourself that promise — at least not if you want to remain realistic about things — and especially not if you want to remain truly honest with yourself. To paraphrase one of my favorite old turns of phrase, “Man plans, and God almost shoots coffee out of his nose trying not to laugh in response.” We can only guarantee ourselves control to a certain degree, which is why I think it's important to recognize what I like to call the presence of **an acceptable uncertainty**.

ACCEPTABLE UNCERTAINTY

The persistent inability of human beings to predict or account for an endless number of potential possibilities.

Acknowledgement (and acceptance, obviously) of the acceptable uncertainty is my favorite way to parry those feelings of unpreparedness that pop up and threaten to creep around the edges of action when we're just about poised and ready to move. Making a decision is one thing. And perhaps you're there. You've eliminated all other options. Your ships? Your avenues of retreat? You've torched them; there's no going back and you know it.

Now all that's left is for you to pick up that right foot and take your first step forward. Only problem is, you can't see everything that lies in front of you. That, right there, is your acceptable uncertainty. You might hold a map, but it only shows you where the road is. What's actually *on* the road is going to be something you find out when you finally put one foot in front of the other.

It's the acceptable uncertainty. It can cripple you, unless you recognize it for what it is: a part of the journey, every. single. time. The fact of the matter is that there's no way to guarantee an outcome. The more you take action, the more you'll learn that *certainty is a luxury rarely afforded by those who act*. Instead, the answer lies in **confidence**. You might not achieve certainty until after the fact, but you can always arm yourself with confidence by preparing yourself and practicing the behaviors and beliefs you'll need to get you where you're going.

One of the best ways to build confidence as you move yourself towards massive action is to strengthen your relationship with your word. I've talked about this before, earlier in the series, and there's a reason that your personal integrity is such a vital theme here. It's one thing to keep your word with others. Keeping your word with yourself, however, is one of the best ways to build confidence in yourself and in your ability to take meaningful action. When you think about it, we tend to have an easier time breaking our word with ourselves than we do with other people. Holding yourself to a high standard when it comes to your word is one of the best and most

CONFIDENCE

The more realistic alternative to certainty when preparing for massive action. Built by keeping your word with yourself consistently.

immediately actionable ways to build confidence in the steps you take towards closing the gap between where you are and where you want to be.

Doubt and hesitance? They're part of the game. They're part of the acceptable uncertainty, and acceptable uncertainty is going to be present each and every time you make significant moves in the world. There's just no way to guarantee an outcome, and besides — wouldn't that just take all the fun out of it?

*

*

*

Consider the year 1963. The Mall of Washington. Hundreds of thousands of people have come to march against injustice. You probably know where this is going: the keynote speaker is a man named Martin Luther King, Jr., and it's time for him to approach the microphone. But if you look closely, you can see him there, still at his seat, pen in hand. He's still making notes on the

sheafs of paper containing the speech he's just *moments* away from giving. Just moments away from the defining moments of his life...and Dr. Martin Luther King, Jr. is *still* making adjustments.

When he does begin the speech, his presentation is flawless. The crowd, though, is quiet. They seem to be...waiting for something. Don't get me wrong; Dr. King has them in the palm of his hand. But something is clearly building, and nobody knows exactly what to expect. During his speech, seated right behind him is a woman named Mahalia Jackson. She's one of the nation's most respected gospel singers, and she whispers to Dr. King, "Tell them about the dream." Dr. King hears her, but he keeps going. She whispers it again, a little louder. A little vocal shin-kick under the table, if you will. He reads his script. Maybe he's looking in the margins. Maybe he's reading the notes he's scribbled. Clearly, he's searching for something perfect, and with that second whisper, something clicks. Dr. King visibly pauses.

And then: "I have a dream."

Dr. Martin Luther King, Jr. went completely off script, and delivered one of the most powerful speeches in the history of mankind. Can you imagine that speech never happening? Can you imagine American history, left without that mark? It almost never happened! That's how close we came to never getting that speech in its final form. The phrase doesn't appear anywhere in Dr. King's notes. At no point does he even *refer* to the dream that he goes on to describe as containing his vision of the world, his vision of a people united.

C E R T A I N T Y

*is a **LUXURY** rarely afforded*

*by those who **ACT.***

The fact of the matter is that Dr. King's actions provide a perfect example of one of my very favorite truths: *you are much more ready and much more prepared than you give yourself credit for*. After all of Dr. King's study, after all his preparation and well into his technically flawless delivery, he still couldn't account for what the moment called for until the moment actually called for it. By giving into the acceptable certainty, Dr. King was able to answer what I like to describe as **the call of the moment**.

THE CALL of the MOMENT

The moment in which you are called to tap into your inner potential, accessing preparedness and power you didn't realize you had.

You see, there is an untapped potential inside each and every one of us. There are times when you're more ready and you're more prepared than you've actually given yourself credit for. And it's usually when we allow our need to be perfect, our need to be liked, our need to be good enough — when we allow our questioning of ourselves — to be set aside, that we tend to be able to connect with something much more powerful than we are on our own. And it tends to be this connection — this synchronicity with the moment and with your path within that moment — that leads you to your ability to move forward, to take action without the luxury of feeling *completely* prepared or 100% certain of the outcome.

You are
much more ready
and much more POWERFUL
than you give yourself CREDIT for.

CHAPTER THREE

Reframe the Fear



If uncertainty is par for the course — and trust me, it is — then you can all but put money on the fact that you’re going to eventually run into uncertainty’s older cousin: fear. When we’re on the verge of truly massive action — when we’re about to make serious moves and bring about a departure from our comfort zones — the uncertainty of unknown outcomes and unforeseen circumstances has a tendency to bleed into a very real, very paralyzing sense of fear. And it’s fear that *truly* stalls us. It’s fear that *truly* keeps us from crossing the gap that sits between where we are and where we know we truly deserve to be...but it’s a kind of fear that you can easily circumvent once you learn how to pinpoint its origins and target its weak points (and trust me, there are weak points).

There will always be variables, and there will always be elements that affect an absolutely infinite number of possibilities. And we can’t be completely prepared for infinite possibilities. That pretty much goes against what the definition of “infinite” would be. So then how do we move, even in the face of fear? This might be the question I’ve been asked the most times, over the course of my career.

REMEMBER!!

When it comes to fear, the best way to deal with paralysis is to process it into something more useful. The way out is always through.

I’ve found that the best way to deal with an emotion like fear is to **process** it. The fact of the matter is that fear is a *very* real part of our humanity. We cannot live without fear

— in fact, it often serves a very vital purpose; without it, we’d all be eaten by bears. Fear is a very real part of our experience, and as such, it’s not an emotion that we should set out to stifle, or ignore, or deny. Instead, we need to find a healthy way to process and deal with our fear. When it comes to fear, **the way out is through.**

Slice through your fear by finding a way to process it into something that works to your advantage. Telling yourself to “try and relax” is just counter-intuitive. Your fear is there for a reason, and it’s up to you to find a way to incorporate it in your pursuit of massive action. To try and deny your fear, or stifle it, is only to invite it to come back later and with a vengeance. Instead, we can once again look to author Adam Grant, who nicely sums up the approach I think is best when it comes time to deal with fear: “If we want to

understand how to manage fear, we don't need to threaten people's lives; we need only threaten to put them on stage." Consider the meaning of the word "process," when it's used as a verb. We use it to refer to how we deal with our emotions all the time, but consider what it *actually* means to process something. When we've processed food, for example, what have we done? We've fundamentally altered it in some way. We must do the same with our fears, to properly process them and change them into something that will help us on our path instead of hindering us and causing us to stall.

One of the best methods for dealing with your fears in a healthy way that I've ever seen comes to us from Professor AW Brooks, of the Harvard Business School. She ran an experiment to see if a simple trick could help her students overcome one of the most universal fears of all: public speaking. In my experience, there is no anxiety that is more widely shared, and this is exactly why Professor Brooks chose it as the focus of her experiment. Each student participating in Brooks' experiment was going to be giving a speech in front of a crowd consisting of both judges and peers. This speech wasn't simply arranged for the sake of the experiment, either; there were real stakes involved, and as such, the students experienced *genuine* fear and anxiety in regards to their performances.

Professor Brooks had each of her students repeat three words out loud before giving their speeches. Half of her students were instructed to say, "I am calm." The other half was told to say, "I am excited." Brooks figured that if students could *reframe* their fears, instead of negating them and telling themselves that they were calm when it simply wasn't true, they would perhaps be able to process the anxiety into something more useful.

It turns out she was onto something: the group that reframed their fear as excitement had their speeches rated as being 17% more persuasive and 15% more confident than the speeches of their counterparts. One simple sentence was all these students needed in order to process their fear into something more useful and advantageous: excitement. The energy didn't go anywhere. It was still there, just processed and reframed, from fear into something that would help propel the students forward rather than causing them to stall out and stop in their tracks.

The process isn't a difficult one to recreate, especially when you realize that the fear that comes along with massive action is just as common as the acceptable uncertainty that tends to precede it. Making moves and leaving your comfort zone to become the person you've always dreamed of being will *always* involve a reasonable amount of fear. It wouldn't be worth it if it didn't! The big trick comes in not letting that fear cause you to take undue pause.

Instead of letting the fear push you to a place where you're dreading any outcome other than the perfect one you've promised yourself, try to reframe all that energy and anxiety into a buzzing excitement for the things you're going to learn and conquer as you reach your goals. Consider the most exciting aspects of the journey that lie immediately ahead of you, and consider all the amazing things that are in store for you *that you haven't even considered yet*.

Fear is going to be there, no matter what. It's a part of your humanity, and as such it will always be a part of your journey. We've all heard that old adage, "No fear." Well, I disagree. Instead, I think we should *know* fear. By knowing your fear, you can process it. You can reframe it and change it into something that suits you. You can channel it into determination, into the drive that pushes you forward and helps you cross the distance between where you are and where you always knew you were supposed to be. Your fear is there for a reason, and that reason is to be turned into your jet fuel.

REMEMBER!

~~NO FEAR~~

KNOW FEAR

CHAPTER FOUR

Altering Your State of Vibration

Now that we've spent plenty of time discussing some of the things that *hinder* movement — and more importantly how we can proactively work around them — how about we talk about some of the things that actually *inspire* movement?

It's a simple truth: we have a tendency to act in accordance with our self-image. We human beings are creatures of habit, and of comfort. We like to carefully protect the systems and patterns that we've put in place, because those systems and patterns are what tell us who we are and reaffirm this information even when the rest of the world around us doesn't quite make sense.

When it comes to your mind — not your brain, but your mind — there are two separate levels that are responsible for the creation and preservation of this self-image: your conscious and subconscious minds. As such, these two levels of your mind are thereby jointly responsible for just about every decision you make, as the preservation of your carefully-constructed self-image can be found at the root of each one when you take the time to truly trace your motivations. They work with almost frightening efficiency to guide you through the world in a way that preserves your self-image, and this is *usually* to your benefit...right up until the point where it isn't.

You see, massive action often involves the alteration of your self-image, which makes your conscious and subconscious minds stop what they're doing, look you straight in the face, and in perfect unison yell, "WAAAAAAAAAAAAAIIIT just a second!!"

Let's consider an example. Raise your hand if you've ever made a mistake before. Now, raise your hand again if you've ever made a mistake not only after making that same mistake once before, but after *promising* yourself that you would never repeat it again. Anybody out there raising both hands right now? I know I am. In truth, we probably *all* are, because we've all got experience with this kind of seemingly self-defeating behavior. You have a goal or an ideal in mind, but you keep making the same mistakes. If it might sometimes feel like you're acting to keep yourself in the same place — even despite your *stated* goals and desires for change — well, that's because you are.

It's because your subconscious and conscious minds are still working together to preserve your existing self-image...one that hasn't updated itself to include the new information you've picked out for it yet.

STATE of VIBRATION

The fundamental condition of the self-image we both create and preserve for ourselves, at its most basic, subconscious level.

In a way, what we're talking about is almost a literalization of my favorite metaphor: the distance between where you are and where you want to be. More specifically, it's that distance between awareness and action that

we've talked about. Knowing what we want for ourselves is one thing, but when that desire conflicts with our self-image, we begin to actively work against the systems our conscious and subconscious minds have toiled to put in place.

We tend to have a love affair with the status quo, but there's good news: we're the only species on the face of the earth who actually knows how to break up with it. *As human beings, we're the only form of life with the ability to fundamentally alter our state of vibration.* We can change our self-image, and our outer reality will follow suit.

The acorn? It *always* becomes an oak tree. The kitten? It can *only* grow into a cat. The mustard seed, impressive as its end result is? It will *only* ever grow into that tree we've heard so much about. But *you* can be so much more than what you are now and what you see in front of you. The future that you saw for yourself two weeks ago can be changed. In fact, the future that you see for yourself *now* can be changed! No matter where you were born, no matter who your parents were or who they weren't, no matter what neighborhood you grew up in, what country you grew up in...you can always become something more than the sum total of your previous experiences. You can fundamentally alter what I like to call your state of vibration and you can become much, much more.

It all comes from the ability that you have to shift your self-image, to break up with the status quo once and for all, and decide that you're ready to finally take some massive action and cross that gap between where you've been and where you always knew you *should* be.

You see, we already blew the lid off our self-image a few paragraphs ago. That vast conspiracy between your subconscious and conscious minds? It's your self-image, and we've actually already talked about its two main ingredients: behaviors and beliefs. The patterns of behavior and belief that we create and actively preserve for ourselves are the bricks and the mortar of our self-image, of our ideas as to who we are as people. To dismantle and reform those elements takes effort, and dedication...but it can absolutely be done, using the tools and techniques we've been discussing in this book and the two that came before it. It's possible to alter your fundamental state of vibration and change your self-image for the better.

Do away with belief systems that aren't helping you get where you're going, and replace them with systems that will find you flourishing. Your behavioral patterns will follow suit! Eradicate the ones that don't line up with the person you know you are *supposed* to be. You might be surprised to find that these ideas extend all the way down to what might seem like everyday minutiae. Even the smallest behaviors, though, will form a rock in your shoe that can keep you from truly making progress if they don't line up with the person that you know you want to be.

It's when the self-image that your conscious mind strives for is aligned with the one that your subconscious mind has constructed over time, that true movement — truly **massive** action — is possible. From this kind of alignment comes a connection with a higher power that enables you to do just about anything you want. Call it whatever you need to; it's only there when you're in harmony with what you want for yourself and what you truly believe you can have for yourself. I want to leave you with another of my favorite quotes, from HW Murray:

Until one is committed, there is hesitancy, the chance to draw back. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too.

- HW Murray

You see, when you truly commit...the universe commits right along with you.

GLOSSARY

DECISIVE ACTION

Action that arrives only when all other possible options have been voluntarily eliminated and completely cut off

ACCEPTABLE UNCERTAINTY

The persistent inability of human beings to predict or account for an infinite and endless number of potential possibilities

CONFIDENCE

The more realistic alternative to certainty when preparing for massive action. Built by keeping your word with yourself on a consistent basis

THE CALL OF THE MOMENT

The point in which you are called to tap into your inner potential, accessing preparedness and power that you didn't realize you had available to you

STATE OF VIBRATION

The fundamental condition of the self-image we both create and preserve for ourselves, at its most basic and subconscious level

EXERCISES

A. BURN YOUR SHIPS

This exercise focuses on taking your eyes off the rearview mirror. Stop looking at the alternative paths and the other options you might take instead of the decisive action required to push yourself towards your ultimate goal. Instead, realign your focus and train it on the windshield in front of you. That is to say, look at the work you have *yet* to do, and the things you have *yet* to accomplish as a way of keeping your momentum up and keeping yourself faced in a forward direction.

The first step in this exercise involves doing away with your rearview mirror. Make a list of all the alternatives you can think of. Quantify all the ways you might take alternative action *instead* of moving ahead and aggressively pursuing your goal. Think about the behaviors and patterns that see you embracing the status quo instead of leaving it behind.

When you're done, throw that list away. Burn those ships. Leave yourself no other alternative but the road to truly massive action.

Now it's time to set your sights on the windshield. This part of the exercise is something that you can repeat as often as you'd like: week by week, month by month. As you move towards your goals, you'll find that new challenges and sub-goals will present themselves. Finish lines will move. All of this is part of the journey, so revisiting your windshield will help you stay in touch with your goals and chart your progress as you close the gap between where you are and where you want to be.

Get a clear view through your windshield by writing down all the work that you still have left to do. What specific things do you still have left to accomplish? What attitudes and behaviors do you have to change, eradicate, or develop anew in order to accomplish those specific things?

Chart your course, and chart it aggressively.

EXERCISES

B. REFRAME YOUR FEAR

We all live with very real fears, and from time to time we might let those fears paralyze us, stopping us in our tracks and unduly halting our progress towards massive action. Just like we talked about, I've always found that the best way to deal with your fears is to put them up on stage. Confront them, and process them into an excitement that will help you along your path.

Start this process first by quantifying them. (Never underestimate the power of the list! It helps to visually represent important mental ideas and concepts when working on them.) Make a list of your fears, specifically as they relate to your current goals and aspirations. What you'll eventually wind up with is a list of all the things preventing you from taking massive action.

Spend some time with this list. Consider your fears, and why they're there. Consider where they've come from. They're all there for a good reason, or at least they were at one time, and you can learn a lot about yourself by discovering those reasons and what they imply about your self-image...and what you need to do to set about changing it.

I've found that one of the best ways to reframe your fears into excitement is by looking ahead to the ways you'll benefit and grow once you've overcome the scenarios that are causing those fears in the first place. Consider an example: "I am afraid of [xxx]. But I will enjoy [yyy] once I have overcome the fear of [xxx]. This will help me accomplish [zzz], which I would not have been able to do before."

Working through your fears and anxieties only adds new arrows to your proverbial quiver, and one of the best ways to process that fear into excitement is to think about how much more satisfying and gratifying your life will be once you're able to use those new arrows whenever you want.

EXERCISES

C. REALIGN YOUR SELF-IMAGE

Another important technique when it comes to bringing about massive action is *visualization*. Some of you out there might be quick to dismiss it, but trust me! The power of visualization is real, when you couple it with *actual* decisive action, of course.

Practice visualizing what your life will be like once you've accomplished your goals, but don't just stop with the best parts. That is to say, if your goal is to save up your money for a car, don't just imagine yourself driving down the coast with the wind in your hair (if this sounds familiar, it's because I've used this example before). Now, you can definitely imagine those fun and exciting parts of car ownership, but it's important to be honest with yourself and imagine the *entirety* of the picture you're trying to paint yourself. See yourself shopping around for the best insurance plan. See yourself filling up at the tank. See yourself paying to renew your registration each year. Maybe even throw the odd parking ticket in there for good measure.

Altering your state of vibration and realigning your self-image takes consistency and dedication, and it involves seeing yourself not as you are but as the person that you truly know you deserve to be. It involves going past the simple joys and pleasures that you desire, though, and visualizing a complete reality. Consider the new challenges and obstacles that might pop up in the future. Imagine the new things you'll learn and the new ways in which you'll develop.

As you begin to paint yourself a clear picture of the person you're going to become, start to quantify the concrete behaviors and beliefs that will actually push yourself into alignment with your self-image. Consider the new moves you'll have to make in order to push yourself closer to the person you know you deserve to become.

The goal here is to create a deep sense of alignment between your conscious and subconscious minds. Through dedicated visualizations you can begin to alter the way you see yourself subconsciously, allowing your self-image to be brought to a place that lines up and creates harmony with your stated goals and desires.

When it comes to **FEAR**
the way out
is THROUGH.

