

7 Steps to eliminating

**F
E
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R**

Fear



Faith

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1st Edition

INTRO

7 steps to eliminating fear

“Always Do What You’re Afraid To Do.”- Ralph W. Emerson

If you’re reading this congrats! You’ve made it through the 1st battle of conquering FEAR! Recognizing its presence in your life! But more importantly you’re serious about “*Making Fear Your Buddy*” for good! Either way, I’m very happy you’re here and excited to begin this journey with you! So, lets get started with a question!

What words come to mind when you think of the word FEAR?

“short pause” Anxiety, Worry, Risk? *No, Yes?* Whatever word came to mind it’s all good - Because by the time we’re done, FEAR will be under your feet and out of the pilot seat! We’re going to make *fear* your buddy! That’s RIGHT! Fear will be working for you instead of working against YOU! So how do we make *fear* our buddy instead of our bully?

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*“Only When We Are No Longer Afraid
Do We Begin To Live.”- Dorothy Thompson*

Glad you asked! Lets get started with a few meanings that come along with the word *fear*...

False Evidence Appearing Real

Face Explore Accept Respond

Forget Everything And Run

Face Everything And Rise

So many cliches and acronyms to choose from... so many books, seminars, and ideas giving insight into this phenomena! But the beauty as you see above, there can be a positive meaning to every negative one, it all comes down to a “*Choice*”. Whatever you want to call it, one thing for certain *fear holds you back!*

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“We consume our tomorrows fretting about our yesterdays.”- Persius

From what you might ask? Success, freedom, experiences, travel, friends, business, family, and most importantly *imho PURPOSE!*

Like a bully, *fears* number one goal is to keep you down and out...

Keep you out of becoming a better YOU and achieving *GREAT-*

NESS! I believe we all have gifts and wisdom to share w/ the world

and by eliminating *fear* we can begin unlocking the doors to our *pur-*

pose. My number 1 goal is to help you achieve greatness in whatever

endeavor you feel called to do. So are you ready?

Lets Dive Into...

7 Steps To Making Your Fear Your Buddy!

7 STEPS

to eliminating fear

STEP 1

The past doesn't determine your future

“Great work is done by people who are not afraid to be GREAT.”- Fernando Flores

Most people get stuck in a negative experience from the past and create a storyboard that ends up becoming their future and ultimately their reality. It's sometimes important to re-visit those areas and re-evaluate the situations. More times than not you'll realize and discover you've been living through a false but self fulfilling negative prophecy that wasn't necessarily true. Although it felt real, our perspective and limited knowledge of the big picture was skewed and lead you on a downward spiral roller coaster ride. It's time to get off. Its time to walk in your purpose and begin making a difference in your life and the life of others!

**YOUR PAST DOESN'T DETERMINE
YOUR FUTURE**

STEP 2

Defrag Your Mind

| *“You cannot have a positive life and a negative mind.”- Joyce Meyer*

If you've ever owned a P.C. then viruses and lagging happened all the time and one of the infamous steps I performed when my computer lagged was a defragmentation (If you're reading this and thinking, *huh?* A defrag to my knowledge is a simple process that organizes and places files in their correct place to increase hard drive space and performance. I mention this only because the same process needs to happen in our mind. So many decisions, emotions, experiences, reactions and actions have cluttered our mind for so long. Over the course of time we've subconsciously developed triggers and reactions that put us into cruise control mode everyday whenever the triggers show any signs of appearing.

STEP 2

Defrag Your Mind

We have to stop, prepare, organize, get rid of and replace the software of our mind. Your mind is the foundation, the garden, the launching pad that will ultimately lead to your success or failure.

Our mind (YOUR BRAIN) is the greatest mystery known to man and hands down the most intricate and fascinating part of human anatomy. Our mind has to be cultivated daily with new information enforced and watered with thoughts and ideas of greatness, hope and inspiration! FEAR always enters the mind by any means necessary - Once it infects your (MIND) our amazing nervous system of ACHIEVEMENT it becomes difficult to believe anything contrary is possible! Please watch the video and listen to the MP3 that came with this series! It will reinforce this step and lead you into your GREATNESS!

STEP ③

Till The Battlefield of Your Mind

“As he thinks, so he is; as he continues to think, so he remains.”- James Allen

For far to long our mind has been a battlefield, some worse than others but nonetheless we all have our scars and wounds to prove we've been in a battle. For too long we've developed armor, weapons and fortresses for every person, scenario and circumstance that comes our way. We have to a certain extent become a prisoner in the castle of our mind...

It's time to break free from the shackles and begin cleaning up and cultivating an atmosphere of freedom. Why is tilling the ground and cleaning up so important? New wine can't be stored in old wine skin, likewise we can't develop new thoughts without cleaning up the old ones.

STEP ③

Till The Battlefield of Your Mind

The process will take some development, reading, listening, and perhaps even an accountability partner, but with a vision and hope for the future you can begin training for the battlefield ahead!

Rest assured the battle will return... Fear really never leaves for good but you can be better prepared by ensuring your mind is ready for the journey ahead! Your mind is the most valuable asset you have and the a treasure we should guard like Fort Knox!

This process was the turning point for my voyage. When I finally understood it was up to me then I took responsibility to ensure I was ready! Ready to take my life to a whole new level! My mind became my #1 priority! The tilling process became necessary!

STEP

4

Believe it's possible, Visualize it

“Winners Visualize the rewards of their success.”- William S. Gilbert

You have to believe your dream, goals, and vision are possible. You have to see yourself where you want to be and begin to accept that its possible! You may not know how to get there, when you're gonna get there, for now the how is not important. Whats important is believing and seeing where you want to be! Take a moment to write down your *dream, goals & vision!* Be specific! Even if you don't entirely believe its possible... It doesn't matter! Begin the writing process right now. Once you complete writing down your dream, goals and vision create a *visualization board!* You can use newspaper articles, magazine pictures and letters. Be creative and make it personal. Once it's done hang it in your office, living room or bedroom, somewhere visible - a place where you can see it everyday!

STEP

5

If it's to be it's up to Me

*“Don’t Wait for the right time...
You must create it”- Angel L. Rivera*

This is probably the hardest step to overcome. This is where you have to face you. This addresses what you do when nobody is around or looking; your alone time or better known as me time. It’s the time when the small still voice begins telling you *“You can’t, you don’t have what it takes, you’re not smart, you’re not good looking, blah blah blah...”*

This is when *fear* either takes the main stage and has its way with you or not. The good news! You’re at center stage and its your *choice* to muffle the voice and combat it with your *vision* for the future! Because you’re no longer your past, we’ve uncluttered your mind of unnecessary garbage, you’ve tilled the ground for the battle ahead and your visualizing your future! This is when believing

STEP 5

If it's to be it's up to Me

you can becomes a whole lot easier! You have to begin to assume personal responsibility at a whole new level. This is where you either keep going or retreat! But because you've made it this far I'm assuming you're not a quitter and have a whole lot of fight left in you!

Always remember you came across this for a reason! You're on this amazing journey for a greater purpose. You have greatness inside of you!

I like to keep this thought close to my heart and mind:

If fear is present in your life take it as a clear indication that its attempting to stop you from reaching your full potential! Don't let it!

It's Up To You!

It's Possible, *you can be victorious!*

STEP 6

Believe You Deserve It

“Believe you deserve success so you can change the world for the better ”- Angel L. Rivera

Most people don't believe they deserve anything good or things above their average. Most people believe being average, living within their means and not really wanting for anything makes them more humble and righteous. I can see where they're coming from but at the root of this ideology is where fear thrives!

Fear States: Don't dream to big - It's easier, stress free and eliminates disappointment. It's so much easier to be average and live within in your means. WHY? So expectations stay low and the bar is attainable. Fear teaches us to avoid pain and seek pleasure. Don't fall into this trap! On the flip side, believing you deserve it should have its roots in giving and sharing! It should always have and take others needs into consideration.

STEP 6

Believe You Deserve It

Believe you can change your community, city even the world!

By becoming more and getting rid of *fear* you'll begin to think of other people, their needs and how you can contribute to society. By achieving more and pursuing your dreams your actions and vision can help those hurting around you! That idea you have... Could be what opens up a new soup kitchen, builds a new orphanage or perhaps feeds a nation, a city or community in your local area...

Believing you deserve it gives you the fuel to stop at nothing to ensure you reach VICTORY!

STEP 7

Hire a Coach or Accountability Partner

“Accountability is the measure of a leaders height.”- Jeffrey Benjamin

If you're embarking on this journey for the very 1st time or if this is your 2nd, 3rd or 11th attempt at going for the gold, a coach, mentor or accountability partner is necessary and vital to your success!

Someone who has overcome adversity, who's been through the valley, who knows what the battlefield looks like, and who understands the pain is only temporary will know what to say and how to assist you through this amazing transformation! Being held to your word, goals and dreams will keep you on track and motivated to reach your **Victory!**

JOURNEY

7 steps to eliminating fear

“The journey of a thousand miles begins with one step.”- Lao Tzu

While there's so much more to be said about this amazing journey on conquering *fear* and making it your Buddy, please know that it's exactly that, a *journey*! Not a sprint, it's a marathon! Times will get rough but it's the rough times that make you stronger and wiser along the journey! Please take the time to watch the accompanying videos that will be included and released for each step. It's our way to further support your journey in conquering fear! At *Inspire To Win*, My team and I do our best to give you more details and personal experiences to assist you in understanding the information and action steps you can take on a daily basis. While *fear* never really goes away you can use it to catapult you to success! You can make it your *buddy* instead of your *bully*!

JOURNEY

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You can conquer fear and make it your Buddy instead of your BULLY! Thank you so much for allowing me into this area of your life! I am deeply grateful, humbled and blessed to be on this journey with You.

Over the next few weeks you'll receive weekly emails and videos to assist you along your journey! We hope you enjoy them and if you do we'd love to hear from you, please feel free to email us at Info@InspireToWin.com and give us your testimony! It makes me feel good to hear how awesome you're doing! Well that's it for now, until we meet again, Live life to the Fullest! To your very best!

Your friend and Success Partner

Angel L. Rivera

InspireToWin.com

P.S. - If you enjoyed this E-book be on the lookout for my new **7 week course!**

More details coming soon!



Angel Luis Rivera III, is a motivated, self started entrepreneur from San Diego, Ca. He's a proud dad, business coach, content marketer, speaker and founder of Rise Up Brading and Inspire To Win. His mission is to Inspire, Motivate and Empower into massive action towards their greater purpose and destiny!

Your friend and Success Partner
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