



## Thirty Day Challenge 2009 – Mindset – Day 07

### 2009KM07: Fear Of Everything

Running Time: 3mins



### Intro

Hello, this is Karl Moore and welcome to another video on the Human Mindset as part of the Thirty Day Challenge.

Now today I'd like to chat with you about that oh-so-human emotion of **Fear** and how it might be holding you back in your life.

Now we all fear, it's totally natural and you might be experiencing some as part of the Thirty Day Challenge. You may be experiencing the fear of failure. You may be experiencing fear of what other people may think. You may be experiencing a fear of, ironically, success.



## Getting Beyond Fear

So how do you get beyond fear in your life?

Well, you can try traditional techniques, such as meditation. You can learn to control your breathing more to reduce anxiety and fear. You can try the old technique of "faking it 'til you make it" - that's pretty popular.

But one great technique for getting rid of fear is to live more in the now, to live more in this moment, because you've got nothing to fear - you're living, you're breathing, you're obviously relatively healthy, you're listening to this video - life is good!

Live more in this moment and let go of the fears, because more often than not, what we think may happen, the worst-case possibility simply doesn't come about. So live more in this moment and get rid of your fears.

Another technique you can use is to logically go through your emotions, through the fears that you may be experiencing and literally take them on - use your logical mind to ask yourself is this a real fear or is it a limiting thought, is it a thought that's holding you back. Is it an emotion that's stopping you from achieving your goals? And if it is, just drop it - just let it go. Just as easily as you drop a pencil or drop a ball in the street. Unclench and release.

What you're really doing there and what I'm really trying to drive home to you here is I want you to let go of your attachment to outcome. And that's a very Buddhist principal of letting go of your attachment or your aversion to an issue. And a very crisp Western way of saying it is the title of this book by a friend of mine, John C. Parkin, and that is: f\*\*k it - that's right.

If you feel yourself worrying or panicking or fearing what people may think, what it will be like if you succeed or if you fail, just think to yourself: "f\*\*k it", and get on with it, that's all it requires.

So that's it for this video. Thanks very much for listening; I'll see you again very soon.

Good luck with the rest of the Thirty Day Challenge.

Bye for now.

### Links:

Karl's Blog: <http://karlblog.com/>