

HOW TO
OVERCOME
YOUR FEAR AND
IMPROVE YOUR
CONFIDENCE

FREE MINI COURSE
ON FEAR AND
CONFIDENCE

cherischultz.com

BE

FEARLESS

Cheri Ann Schultz

Rise Above The Fear: Be Fearless

“The foundation you create, defines the structure you build.”

~Cheri Ann Schultz

Copyright © 2018
Cheri Schultz.
All rights reserved.

URLs: www.cherischultz.com | www.livetobelieve.com

Email: cheri@cherischultz.com

If you would like to contact Cheri Schultz: [Email Me](#)

Social Media @cherischultz

[Facebook](#) | [Twitter](#) | [YouTube](#) | [Pinterest](#) | [Instagram](#) | [LinkedIn](#) |

Disclaimer Neither Cheri Schultz, or brand partners claim to provide medical services or diagnose mental health challenges, so please seek out a medical professional if you are experiencing physical and/or mental health challenges. Ms. Henry is providing her own personal insight in the areas of stress relief and finding happiness in your day to day lifestyle using her own life lessons along with those of the power circle experts featured within this guide for those looking to feel better and work towards finding happiness in life and in business. Use your best judgment when applying any recommendations shared within this guide. While you are free to use the content within this guide for your own personal use, no part of this guide may printed for resale or free distribution in any manner whatsoever without written consent from the author.

www.cherischultz.com | www.livetobelieve.com

BE

FEARLESS

Cheri Ann Schultz

WELCOME

Having freedom and creating inner peace is your birthright. Today we are going to reflect on your own personal patterns and provide you with ideas, techniques and strategies to help you reduce fear, remove obstacles standing in your path, have the courage to keep pressing forward and avoid procrastination.

Here is my promise to you...

First, I will help you identify your biggest fears preventing you from moving forward. The who, what, why, when or where. Using the five w's is key in helping you drill down into a problem, get to the root cause and solve it effectively and successfully.

Second, is about implementing the unique techniques and strategies which create positive habits. We usually can stay focused for a short period of time but are you willing to take the risk and make the permanent change necessary to see long term results?

Third, you will need to maintain a plan you can implement after you leave this summit. It is all about accountability; taking charge of your thoughts, your emotions, your environment and your schedule.

Be kind to yourself and take it one step at a time and one day at a time. When you empower yourself to take accountability and responsibility, it is a measure of your self-worth which takes strength and courage.

BE

FEARLESS

Cheri Ann Schalte

FEAR – The Big Bad “F” Word

We **ALL** have fears...

In reality, fear is one of the most common reasons for resistance to change because it stops us from taking **ANY** action at all.

Fear has always been the great enemy of success. More people are held back by fears than any other factor. ***It is an emotion that overrides our intelligence, stops us from moving towards our goals and impacts the quality of our life.***

Also, specific fears can be hard to discover, even though they may constrain our lives immensely such as; fear of failure, rejection, making mistakes, public speaking, asking someone on a date, expressing your opinion or how about just asking for what you want!

It's about taking a risk and stepping outside of your comfort zone. Yes, taking risks can be scary and stressful. We have all faced those moments in our lives where uncertainty played a major role; a career switch, moving to a new home or country, starting college, quitting a job, getting married, a divorce or having a child.

However, it's necessary to feel a little uncomfortable and take action in order to reach new goals, explore our talents, open our minds to new ideas, skills, adventures and opportunities.

It's not an easy task and it requires a large amount of courage, but isn't that what life is about... **TAKING RISKS!**

BE

FEARLESS

Cheri Ann Schultz

Get Rid of Unnecessary ‘what if’s”

What if I take a risk and I accept the job on the west coast? What if I lose my job? What if I can't pay my mortgage? What if I can't pay my daycare? What if the spot on my skin is skin cancer? What if I decide to move out of state away from my family? What if I have a panic attack in the movie theater? **What If...?**

Let me share an example: If your rent is \$500 a month, but your income is \$400, you'll probably think many what-ifs about not being able to make your rent or mortgage.

How Do Eliminate the What If's?

- Taking **productive action** can include doing something to reduce your rent, such as renegotiating your lease or moving, or boosting your income, such as working more hours or getting another job. You have to know there are alternative methods and antidotes to get through **ANY** problem.
- Live in the **present moment mindfully**. Mindfulness is the art of focusing your attention on the present moment in a non-judgmental way. It is a skill that can be cultivated, practiced and perfected over time. It's about bringing your attention and focus to the present and away from the past or the future. A simple technique is to focus on the breath.
- **Meditation** is one of the best ways to learn to live in the present moment. There are many different types of meditation out there and some of the most common include breathing meditation, music meditation and mantra meditation.

BE

FEARLESS

Cheri Ann Schultz

Evaluate the Worst-Case Scenario

What is the worst thing that can happen to you... If you lose your job? If you can't pay the mortgage? If you have to move away from your family? or If you have a panic attack in the movie theater? If so, how or what can you do to change it?

Usually these fears fall into specific categories:

- **Failure:** not living up to our expectations, being ignored, not feeling worthy
- **Struggle:** Not making enough money to support the family
- **Burnout:** Not being able to maintain the family / work balance
- **Disappointment:** Letting down your family or the fear of being judged

All of these scenarios are absolutely possible. But in the whole scheme of things, none of these are **impossible** to handle. We create these worst case scenarios and talk ourselves out of taking risks, both in our workplace and our lives. We'd rather dream about the possibilities than *actually pursue them*.

Let's talk about ways we can work around our worst case scenario.

1. **Write down every possible reason why your idea might not work out.** Then list all the ways to recover from those possible outcomes. Get very specific and write every thought that comes to mind, even those ideas which can make you cringe.
2. **Develop a habit of constantly challenging your worst case scenario.** Are you sure this worst case scenario is likely? Has this happened to you before?

BE

FEARLESS

Cheri Ann Schultz

If it has, what can you do to recover or change something to make the outcome bend more in your favor? What if you are exactly right and the worst case scenario is definitely going to happen? Is it a deal breaker? Be the toddler to your fears – But why? But why?

- 3. Embrace the discomfort that comes with change.** Most of our fear-based decisions are based on information from our past (or a lack of information) and anticipation of the future. Sometimes we will continue to do the same thing based upon our previous experience, since we can predict the outcome.

When we begin embracing something new, we can spiral into doubt due to new territory we are about to embark on. Change can be hard but when we begin seeing small victories our confidence will automatically improve.

Embrace the discomfort and keep pressing forward, don't give up before you reach the finish line.

- 4. Practice curiosity instead of doubt.** Instead of assuming it's going to be difficult imagine what it would be like if something really amazing resulted from stepping outside of your comfort zone. What if it leads to something you have only dreamed about? You will never discover your true potential until you take the leap.

What you will come to realize... is you can gain so much more from the experience than you can lose. ***Trust me, life is all about experiences, failures, disappointment, victories and people you meet along your path.***

Time is precious, make the most of it and create unforgettable experiences. This has to be your **BIGGEST FOCUS!!**

*It Doesn't Happen To Us
It Happens For Us!*



BE

FEARLESS

Cheri Ann Schultz

Allow Change To Take Place

One of the quickest and most effective ways to overcome fear is to take one single bold ***step forward in the direction of your dreams***, to prove to yourself that you are willing to do what it takes. **It doesn't have to be complicated or time-consuming.**

How Do I Allow Change to Take Place?

1. TAKE ACTION

- Sending an email
- Making a phone call.
- Applying for a new job.
- Writing a journalist about your story.
- Approaching someone about a conflict.
- Pitching an idea to a potential prospect.

It can be the turning point you need to spark massive change in your life.

However, most people are afraid of change. Change is often construed to mean a disruption in your life. It takes us out of our comfort zone... however, it is a place where we can really *discover what we are capable of achieving.*



BE

FEARLESS

Cheri Ann Schultz

We have to accept the necessary changes to come into your life, in order to progress and move forward... even if it appears scary! Remember: accepting change is a **process** that requires time and patience.

2. Build Your Confidence Muscle.

While you are achieving your goals; stress, fear and doubt will undoubtedly occur. These emotions and experience is precisely what is necessary, in order for your confidence breakthrough to occur.

It's not enough to make self-supporting choices when your journey is easy. It's about making the decisions when it's difficult, when you are experiencing the fear, anxiety and worry.

Don't dance around it, wish it away or analyze how to avoid the experience. Making self-empowering decisions under stress is what leads you to your authentic personal growth and it solidifies your inner change.

How Do You Build Your Confidence?

1. **Make two lists: one of your strengths and one of your achievements.** Try to get a supportive friend or relative to help you with these lists. Keep the lists in a safe place and read through them every morning. (See Appendix B)
2. **Think positively about yourself.** Remind yourself despite your problems, you are a unique, special, and valuable person. You deserve abundance in every area of your life.

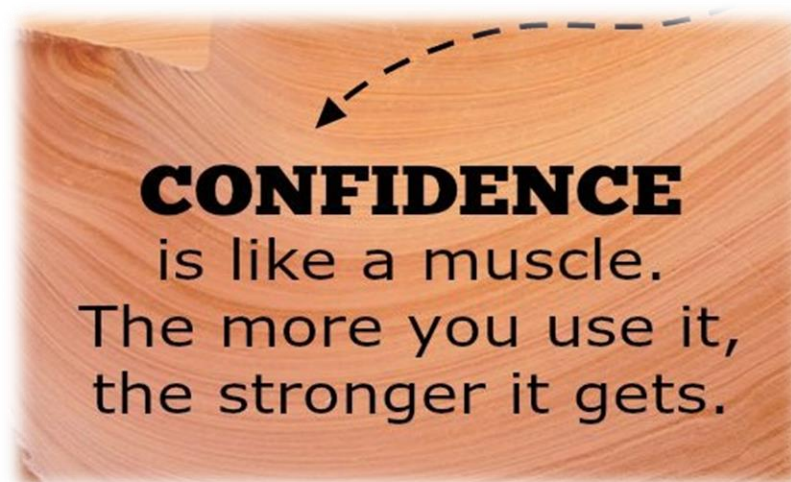
BE

FEARLESS

Cheri Ann Schultz

3. **Exercise regularly.** Go for a brisk walk every day. Stay active and move those muscles at least three times a week. It will release endorphins and increase your energy level.
4. **Do more things you enjoy.** Go ahead and spoil yourself. Do at least one thing you enjoy every week.
5. **Set yourself a challenge you can realistically complete.** For example, take up yoga, learn to sing, or throw a small dinner party for some friends. Just go for it!
6. **Volunteer.** Visit a nursing home, senior independent facility or perhaps get involved with a local charity. Putting a smile on someone's face will automatically put a smile on yours and improve your overall confidence.

It's the challenges of your journey that offer hundreds of opportunities to develop your confidence muscle. Every obstacle, setback or failure offers you a new chance to **BELIEVE IN YOURSELF** instead of falling into doubt and fear.



BE

FEARLESS

Cheri Ann Schultz

Questions to Ask Yourself About Fear

What am I actually afraid of and why?

What is the best thing that can happen if I go after my goals?

Is it worth it...to go for it all?

Do I feel confident in my abilities to perform?

Am I scared to make a mistake or fail?

There is an amazing transformation that occurs from overcoming your fears by trying something new. When you begin to step outside and start moving closer to your goal, your confidence and self-esteem automatically increases.

How many of us complain about something we think we cannot have, when it's just a matter of getting over a fear?

In fact, almost everything *YOU* say *YOU* want to do but cannot, is actually just a way of masking a fear. Consider these examples:

- The man / women who wants to lose weight and think it's not possible, may be afraid of changing her lifestyle to eat and exercise differently, so she simply doesn't start. She tells herself "I don't mind having a few extra pounds on me."
- The man / women who wants to quit her job and start a business, may be afraid of what happens if she tries her hardest and still cannot make enough money, so she stays in her career. She tells her friends "I wish I could start a business but I just don't know what I would do."

BE

FEARLESS

Cheri Ann Schultz

Our fears are often masked by our brain and we do not even realize the underlying desire, because we quickly jump to a list of objections.

We may consider a great idea but then run through all the obstacles in our head – letting fear rule our direction – and we stop the dream even before we start.

Have you ever felt some of these desires masked by fear?

- I love her outfit! But I could never pull that off.
- Wow, she goes away for an entire month on vacation! I wish I could do that.
- I wish I had a body like that. But she probably starves herself or works out way too many hours.
- I really wish I could move somewhere else, if only my job didn't keep me here.

Recognizing the things you admire, respect or even find yourself jealous of, are a good way to begin thinking through some underlying desires that could be masked by fear.



BE

FEARLESS

Final Thoughts

Overcoming fear requires a growth mindset; an attitude that YOU grow and change... if you choose! Nothing is “locked in” forever. We can always change, however, it takes time, patience and practice.

So today I say **GO FOR IT!!** Step into your fear and see what happens. I guarantee you will be so happy you did. Your confidence and self-esteem will improve and you will be delighted you took the **Step** to overcome those fears.

Remember: To trust your heart and always do what resonates with your soul.

Your friend always,

Cheri XO

If you need additional help, I do offer Life Coaching Sessions to help you through those difficult circumstances. My goal is to have your Rise Above and live a Happy, Abundant Life! Please email me at: cheri@cherischultz.com

“BE FEARLESS AND LIVE WITH CONFIDENCE AND CLARITY”

~Cheri Ann Schultz