

4 Steps To Creating **UNSTOPPABLE** COURAGE



Dr. Aziz Gazipura

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COURAGE



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Imagine Having the Courage You Need to do Whatever You Want... to Make Your Dreams a Reality...

Welcome to *Four Steps To Creating Unstoppable Courage*.

I'm incredibly excited that you have chosen to join me on this journey. Through this eBook, you're going to learn how to generate the power and courage necessary to go after what you really want in your life.

Let's face it: Creation, movement and expansion all require courage.

**We all have a well-established comfort zone, and
when we come to the edge of it, we start to get
uncomfortable, nervous, and possibly even a little
anxious.**



If we lean into that edge a little further, we start to get downright scared.

What happens if you keep leaning? If you forge ahead without concern for these warning signs, you risk meeting with terror or panic, and then you're stuck.

As you begin to reach your own individual edge, it is imperative that you challenge yourself to step outside of your comfort zone. It is just as important, however, that you take care of yourself by leaning into that edge only as far as you must to ensure that you continue to grow and move toward your goals. This takes courage.

That's what this training is all about: helping you create a sense of unstoppable courage so that you can remain unhindered by your fears; plowing through your self-doubt in order to go after what you really want.

Take a moment to consider what you would be doing in your life *right now* if you weren't afraid of anything ... if you had more courage.

Would your life be different? Would you feel more comfortable approaching people? How would you approach people differently? How would you move in your body? How would you carry yourself? What might you create or pursue in the world? *Who* might you pursue?

Perhaps you would finally introduce yourself to that one woman you've been thinking about for months. Perhaps you would speak up in meetings at work. Perhaps you would speak to people in positions of seniority more confidently? Perhaps you would leave your current position and create your own business.

It's the most important question you can ask: What would you do if you had more courage?

This question is of utmost importance, because there's no point in generating a whole bunch of courage if you have no idea what you're going to do with it. You must create a clear objective so that you don't question yourself as you begin to challenge your comfort zone. What would you do if you had more courage?

Sometimes when I ask this question, a client will get spooked by the answer: "Well, I'd just march in there and ask her out. Oh, my God. I can't do that. Oh, Jesus." It's like we're scared of our own power. If the same thing is happening to you, that's okay.

Gladiators felt fear. Everyone feels fear. Fear is a part of life.

The trick is to take action in the face of that fear, and that's a skill; it is something that you can develop. Courage is like a muscle: If you practice little acts of courage daily, you'll be amazed at the power you begin to develop.

So, what is courage in the first place? Our common understanding of courage involves doing something even though you're scared of it. There is a misconception, however, in which people think that courage is the absence of fear. Wrong.

We think of bravery, and our minds call up images of a soldier fearlessly charging past enemy lines and saving the day. I think that in our day to day

life, courage is not really about these dramatic gestures. In the real world, having courage is about fighting for what you want even though you feel fear. It's not about eliminating fear. Everyone feels fear. The person who runs across enemy lines is scared out of his mind.



Viewing a courageous person from the outside, other people might imagine that he or she is amazing or special in some way ... that he or she must have had a better upbringing or been born with better genes. As you'll come to discover, the secret about courage is that it's actually something you can develop regardless of your upbringing and regardless of your circumstances.

You can choose right now to create courage within yourself. All it takes is the dedication required to apply the practices that follow on a daily basis. When combined with a strong enough "why" (which we'll cover in the chapters that follow), there will be no end to the amount of courage you will be able to generate.

You can think of it like a battery: As you charge your courage battery, you will gain additional power to go after what you want in the world. The more you do that, the better you will feel, the more you will enjoy your life, and the more freedom you will have ... and who doesn't want more freedom?

If you look at the root of the word *courage*, it is derived from the Latin *cor*, meaning “heart.” In its earliest French origins, courage was used to reference one’s innermost feelings and temperament; the solidarity existing in one’s heart.

This etymology suggests a definition vastly different from one that assumes an absence of fear.

Courageousness involves being able to tune it to what’s in your heart and move toward it in spite of your fears.

In examining these four steps, we’re going to go on a little journey. By the end of it, you will have a road map outlining the path to creating unstoppable courage for the rest of your life. In addition, we will cover a few exercises meant to jump-start the feeling of courage in your body so that you can create it anytime you need it.

This is a journey that we must take together, however. If you’re reading passively while you’re watching TV – or otherwise zoning out – and telling yourself that you’ll just try the exercises later, then you’re not going to get to where you want to go. This is a practice, and it requires that you step up and take action.

If you’re ready to play full out, make distinctions, and apply this work to your life, then it’s time to get started. What are the four ways to create unstoppable courage?

Step 1 – Follow The Fear Through

You must begin this journey by finding a new way to treat fear. You have to change your relationship with fear. The best way to do that is to follow through with it. This means that you must look fear in the face and stand up to it.

Recall what you said you would do if you had more courage. Imagine that you're doing that thing right now. Has the fear started creeping up? Usually that's because there's something that we don't want to have happen; we automatically imagine a bad outcome.

If your courageous act is asking someone on a date, you probably don't imagine that she'd beam with joy at the invitation and tell you how amazing you are. What you probably imagine is that she'd cringe, turn you down, and run screaming.



In any scenario involving fear, we imagine these negative outcomes. At a certain point the negative outcome becomes so hyped up that we equate it with death or some other terrible occurrence; a diffuse, unacceptable, intolerable, vague entity that you know you wouldn't be able to handle.

If you actually look at the fear objectively and take the following steps to *follow through with it*, you're going to realize some powerful things. The most important of these is that whatever happens, you can handle it.

Whatever happens, you *can* handle it.

What an empowering realization. If you could instill that belief in yourself and make it true, then this training will pay for itself one hundred times over.

Let's go back to the thing that you're scared of right now and let's face that fear together. Really think about the scenario. What would happen immediately following the rejection?

I would feel really embarrassed. I would feel like a fool. I would feel ashamed.

Okay, you would feel embarrassed and ashamed. Then what would happen?

Well then, other people would know that I asked her out and then everyone would judge me behind my back. It would be so awkward.

Good. Then what would happen?

Well, I guess I would just carry on. I would feel kind of awkward around her, though.

Could you handle that? Of course you could. It might be uncomfortable for you, sure, but it would be something you could handle. I'm sure you can see where I'm going with this.

If you follow the fear through and stay away from deathly scenarios involving the worst possible outcomes, then you will notice that you really have very little to fear.

What we've just been doing is what cognitive therapists call "catastrophizing." This is a condition in which we invent absurd

catastrophes and imagine them actually happening, and all it does is create a useless feeling of anxiety.



If you take a moment to follow through with the fear and consider what would actually happen, you'll realize that the outcome is probably tolerable and that you can probably handle it quite easily.

Once in a while, I'll come across a client who fears an outcome they cannot handle; something they consider to be past their tolerance level. How do we deal with our fears when it comes to the absolute worst case scenario?

Take, for example, the fear of being fired from your job. While this would take an extreme act, let's just pretend that this has happened. You've been fired. Now what?

I couldn't pay my bills. I couldn't pay my mortgage. I'd lose my house.

Many clients will feel the urge to stop playing the game with me at this point because it just seems too awful to continue. We must push forward, however, until we bring ourselves to the final outcome ... and here's why:

I was doing with this exercise with a woman recently – discussing this worst-case scenario – and she realized that if this happened, she would probably call up a friend and sleep on her couch until she figured out her next move. Interestingly enough, she felt a profound sense of relief in that

realization. In the previous scenarios in her mind, it was as if she was going to die in a gutter somewhere. That outcome, while conceivable in the realm of reality, is highly unlikely.

Follow through with the fear and view the situation reasonably. Eventually, you will begin to develop a sense of being able to handle whatever comes your way.

The best thing you can do when it comes to this technique is to get specific.

If you never speak up in meetings at work because you're afraid that someone will judge you, then you can ask yourself: Is there a specific person in the meeting who you think would judge you; a specific co-worker or supervisor? What do you imagine they would be thinking about you? What specific judgments will they have? Once you know the answers to these questions, you have something you can work with. You can challenge those judgments in your mind and create legitimate responses to them.

Follow through with the fear and get specific. Push through and see step by step what would happen so that you can figure out how you'd handle it.

Your sense of courage exists in the understanding that nothing is as bad as you imagine it to be.

Remember, if you're barely leaning into the edge of your discomfort, you may only feel a little nervousness or anxiety. If you lean in further, you may start to feel fear in your body, and eventually, you begin to feel panic and terror. When we're not following through with the fear or keeping it vague, we can see nothing but unending negative outcomes.

When you follow through with the fear, you bring yourself back to a reasonable range of emotion by keeping the scenarios in your mind within the realm of reality. It *is* possible to take action in the face of reasonable fear.

Step 2 – Approach vs. Avoidance

The second step to creating unstoppable courage is something I call “approach versus avoidance.”

In this step, you start approaching and stop avoiding. It’s that simple. If you can make this one fundamental shift in your life, it will transform and more rapidly than you can imagine.

For me, this shift started when I read the powerful book, *Feel the Fear and Do It Anyway*, by Susan Jeffers. In it, she confirms my previous statement that everyone feels fear.

Even the people you see who look confident in the present moment have felt fear in the past ... and they probably continue to feel fear, but they’ve learned to not let it hold them back.

They feel the fear and they do it anyway.

You must approach the things you’re afraid of, notice your patterns of avoidance, and make a conscious choice to move forward.



Start by assessing what scares you. Maybe it's asking someone out on a date; maybe it's being assertive; maybe it's saying hi to people; maybe it's getting into some minor conflict. Whatever it is, you must develop the ability to approach it.

Almost anything that's worth having in life – things that will inspire or fulfill you – will be outside of your comfort zone: excitement, passion, fulfillment, satisfaction, love, success, money ... attaining whatever you want probably involves some action that lies outside of your comfort zone. When you move outside of your comfort zone, you're going to feel fear. The only way to really shift your stance is to start approaching the things that scare you.

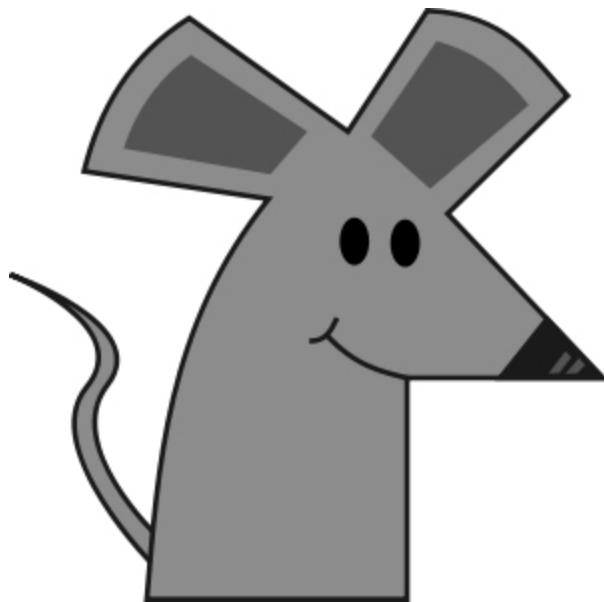
There was a recent experiment done with rats that highlights this pattern of avoidance. The setup was to put a rat into a little box adjacent to another box with a swinging door between them. During the experiment, they beamed a little red light on the wall, followed immediately by blasting a horrible screeching sound.

The rat, of course, becomes disturbed by the sound and freaks out. As the rat scrapes at the walls trying to find a way out, he comes upon the swinging door and finds his way into the other room – the “safe” room. Once he makes it into the safe room, they turn the sound off.

After repeating this process a few times, the rat learns pretty quickly that he has to get out of the terrible room and into the safe room. Soon enough, the red light alone is enough to trigger his escape through the white door. His mind has already made the association: Red light = Bad; White door = Good. He knows that he does not want pain, so he escapes at the first sign of impending discomfort. In the safe room he can avoid the pain.

There’s another fascinating element to this experiment, though:

After conditioning the rat, they decided to see how long it would take to “un-condition him,” to unlearn his association of the red light with the frightening sound. They put him back into the first room and flashed the red light, but this time through, they never blasted any noise. Do you know how long it took the rat to realize that there was no longer any threat from the red light? It never did.



He was never able to be reconditioned because every time he saw the red light, he would run away in fear so quickly that he was never around to see what was actually happening and learn the new outcome.

The same thing happens with situations that scare us as human beings. We associate certain scenarios with equitable moments from our past or from

our childhood, and even though we might be in a completely different situation at this point in our lives, we jump in fear and disappear into our “safe rooms” before we have a chance to learn that a new outcome might be possible.

All we can be sure of is that we don’t want to experience that pain that we remember from before.

Taking this chance equals rejection, equals terrible pain, so I’m going to avoid that.

Great ... you move along in your life, you try to avoid that scenario, and you survive. You’re not happy, but you’re surviving.

Unfortunately, this is a learned behavior as well, and it can develop into a pattern. As you proceed with your life, you notice that this avoidance technique keeps you pain free, so you keep using it. You accumulate all of these red lights associated with horrible pain and the things that frighten you, and you never stay in the room long enough to see what actually happens. That’s no good.

Staying in the room is the only way to decondition your fear. You have to stay in the room and see what happens. You talk to that woman, ask her out and see what happens; you speak in front of a group of people and see what happens; you become assertive with your supervisor and see what happens ... in the real world, as an adult.

You have to remember that whenever you were conditioned by your fear, you were probably young, and you probably didn’t have the resources to handle what was happening ... but now you do. You’re going to have to stop running away when you see the red light and start moving toward the things that scare you.

So, how do we do this? One of the best ways is to make a list. What are ten things that I avoid because they scare me?



Be careful not to choose things that you avoid because they're annoying. I avoid mowing my lawn, but it's not because I am deeply afraid of it; I just really don't like it and I'd rather pay someone else to do it.

Also, don't assume that you're avoiding something just because you don't like it. For many years, I told myself that dancing was stupid and that I didn't like it. That was bullshit. The reality was that I was terrified to dance, and I thought that everyone was going to judge me.

These are the types of things we need to face head on.

Make a list of 10 things that you're avoiding right now because of fear. In fact, turn away from your computer screen and make that list *now*. If you tell yourself that you'll make your avoidance list later, then you will avoid making your avoidance list. Some part of you will realize that making the list will require action, and that is scary.

There's a part of us that doesn't want to do this stuff. There's a part of us that wants to be small

and safe and not make waves.

That's not the part of your being from which you want to live your life. That's not the part of you that knows courage and determination and a purpose in life. It's not the part of you that is going to help you step outside of your comfort zone.

By now, you should have paused your reading to make your list, so you should know at least ten things that you're avoiding. What I'd like you to do is quickly go through it and rate each thing on a scale from 1-10, 1 signifying extremely low anxiety, and 10 denoting absolute terror.

Now, pick the lowest level item on your list – something that's a level one to four on the fear scale – and do it. Do it now. Do it today. Do it tomorrow. Do it as soon as you possibly can.

Feel the fear and do it anyway. We're going to learn some courage generating techniques and we're going to learn how to break those patterns soon, but the first thing you have to do is pick your first mission; which item on your list are you going to do *today*?

Don't worry about the things that are up in the eight to ten range. Don't pick a thing that's a ten for now. As you build the muscle of courage – if you start doing the things that are fours, fives and sixes, and you do them a number of times – all of a sudden the things that were tens start to look a little less intimidating.

I have one guy who rates things using absurd numbers: If I ask him how anxious something makes him on a scale of one to ten, he'll say, "Fifty." If I inform him that he seems to have missed the understanding of the scale – that it doesn't go to 50 – he'll just repeat, "Fifty."

Don't worry about the tens (or the fifties) at first. Stick with the fives and sixes for a bit. You'll find that your entire list will start to reduce a little bit on the scale. All of a sudden the thing that was a ten becomes an eight or a nine.

Every time you take action, remember the rat and the swinging door. See that red light, and force yourself to stick around and find out that what happens. You will almost certainly find that whatever happens is not nearly as bad as you thought it would be.



You've got to realize that all the horror you prepare yourself for is not actually going to happen. Once you do that and you see through those fears, your courage will explode. You won't be dealing with overwhelming fears anymore ... you'll be dealing with minor challenges; things you will be able to plow through with ease.

Pick one item from your list and do it today! Once you do, you'll be ready to tackle the third step to creating unstoppable courage.

Step 3 – Find Your Reasons

In the third step to creating unstoppable courage, you will learn to “find your reasons.”

Remember in the first step when we talked about what you would do if you had more courage? You have reasons for wanting to do that one thing, and they are extremely important. Why do you want to talk to her? Why do you want to speak up at work? Why do you want to create your own business? What is the thing that scares you and why do you want to do it?

There are powerful reasons there, but you might not have fleshed them out and made them really tangible by writing them down. Writing your reasons down solidifies their legitimacy and helps you to develop your courage.

Without these concrete well-defined reasons, we make it too easy to chicken out on ourselves.

When you’re facing your fear head-on, it’s like jumping off the high dive. The height may not sound so bad, but when you’re up there looking down, it feels like you’re about to jump out of an airplane. Once you jump off, though, you think: *This was fun! The slap might have hurt a little, but no big deal. I wasn’t scared of that.*

That’s all these things are: moments that will end up giving us great pleasure if we follow through with them. We need our reasons before we try them, however, to give us the incentive necessary to face that fear. Have you ever seen a guy climb down the ladder of the high dive? He probably didn’t have his reasons figured out.

Consider your purpose; what you’re here to do. When you’re standing there looking down at the water about to jump, you have to know why you’re doing it.

I want to jump off the high dive because I want to be able to do fun things. I want to be able to swim. I want to be included by my friends. I want to feel courageous. I don’t want to be scared anymore.

Those reasons are going to inspire that person to jump off the high dive because they are compelling. What are your reasons? What's going to propel you forward?



I want to create my own business because I'm sick and tired of working for someone else. I want to earn more money and create more. I want to do the work that I want to do. I want to be excited and passion about my work.

That person is going to start his own business because he has deep-seeded reasons to do so. Most things in our life are not like a high dive where you just jump once and you're done; you have to do it over and over again. If you speak up at work, you can't just speak up once. You have to speak up again in the next meeting and the next, and so on.

There are going to be a number of high dives from which you'll have to jump. Your reasons are the only things that will keep you climbing that ladder over and over.

Your reasons connect you to your purpose, and they form a rope to which you can cling as you

pull yourself forward through life.

Think of each reason as a strand on that rope: If you have only one reason, the strength of your rope is going to be questionable at best. If you have six, however, and they're all interwoven, you will have a strong and durable tool with which you can scale any mountain and overcome any obstacle.



So, what are your reasons in life? Pick the one thing that you would most want to do if you had an abundance of courage. While you think about that thing, answer this question: Why do I want to do this? What are my reasons?

It is important that you write those reasons down ... NOW. Come up with at least five; five reasons that excite and inspire you and fill you with passion and purpose. They don't have to be fancy sounding – in fact, the simpler they are, the more relatable they will be to your emotions, and the better they will be in terms of influencing you.

You want to keep it simple: *It would feel awesome.* That is one of my most oft-used reasons: *It would feel awesome.* I love the word awesome because

it has an emotional charge for me. It doesn't have to sound fanciful; your main driving force might be frustration: *I'm sick and tired of living my life this way.*

Whatever really gets you going and lights a fire in your heart, you must write it down. Find your reasons for the one thing that you would be doing if you had more courage and list at least five them on paper. Again, if you haven't done it already, take a moment and write those reasons down *right now.*

Step 4 – Courage Generation

To get the most out of this section, I strongly encourage you to watch the video training entitled 4 Steps to Creating Unstoppable Courage. It will guide you through the process described below.

You now have your list of five reasons to pursue the one thing you would be doing if you had unlimited courage. This is going to lead is to the fourth step in the process of creating unstoppable courage, which is what I call “courage generation.”

I know this is going to sound strange, but I’d like you to stand up as you read this next section.

If you're sitting down, go ahead and stand up. You can hold your device while standing, or increase your text size so that you can read it from a distance.

Courage is not a mental thing. I know we've been discussing mindsets and actions, but courage is actually an animalistic response; it is a part of your fight or flight mechanism; a physical reaction. Courage is something you can condition within yourself ... if you take control of your physicality.

So, how do we do that?

Start by getting into your body for a minute. Take a few deep breaths. Feel your feet on the floor. How are you standing right now?

Are you standing upright, with your head held high and your weight balanced equally between both feet, or do you have your head and shoulders slumped, with your head down?

The building blocks of courage are in your body, so stand with your feet flat on the floor and your weight equally distributed on both feet. Stand with a full, long spine, keeping your chest slightly up and out, taking full, deep breaths all the way down into your belly.

Can you feel a sense of power already being generated just by making that little shift in your physicality? As you stand there, feeling your breath fill the space all the way down to the bottom of your lungs, I’d like you to think of a time when you felt powerful.

It could be a time from last week; it could be a time from last month; it could be a time from 20 years ago. It doesn't matter how long ago the occurrence was, because once you've experienced that feeling of power, it stays in your mind and in your nervous system for the rest of your life ... you can access it anytime you choose.

You are thinking back to a time when you felt powerful. You could handle problems. You could accomplish your goals. Pick one specific moment and go back to it now. Picture it as if you're floating back in time to that specific moment, seeing what you saw in that moment, hearing what you heard, feeling what you felt. What was going on your life that time?

Think about that for a moment. If you'd like, you can take a moment to close your eyes to see the images fully in your imagination.



Now focus on your breath. How did you breathe when you felt powerful? Allow that same energy to build in your body through your breath.

On the count of three, I'd like you to make a sound that you might associate with this feeling of power. Are you ready? One, two, three!

This practice may sound crazy to you, but this is exactly how I would help you generate courage in your body if we were working together in a private coaching. This activity is just the tip of the iceberg that we uncover in my program, Confidence Unleashed. By shifting the patterns in your body, you can create powerful results in your life.

If you're in a place where there are people around and you can't do this right now, then stop reading and come back to this section when you are completely alone. We're going to engage in a few exercises that will require you to use both your body and your voice, so if you're in a library or there are people around you, you might feel a little uncomfortable or awkward, and that's fine. Stop reading and come back when you have some privacy.

I'm going to assume that if you're reading this, you're ready to play full out with me, because you *can* generate that sense of courage and power when you need it.

Take a deep breath and go back to the time when you felt fully powerful.

Really put yourself back there and see what you saw; feel what you felt. Take a deep breath and feel that sense of power coursing through your body and tingling in your fingers.

What did you say to yourself when you felt that sense of power? Say it out loud.

Yes. I've got this. This is mine. This is happening now. Yes, I can do this. Of course, I can do this. I can handle this.



What would you say to yourself? Say it out loud with the same passion and intensity that you had in that moment. Can you feel that in your body? Good. Take a deep breath in.

When you feel that sense of power, take your right hand and punch it into the palm of your left hand. Take deep breath in as you do it. Good. Shake your body out, feeling that sense of power in your body as you're doing this.

Can you feel a sense of energy moving through your body as you do this? What about just saying out loud what you said at that time? Does that shift your state? Can you feel more of that power?

We're going to do this again and turn up the intensity. We're currently going through a process called "anchoring," which is a technique from Neuro-Linguistic Programming (NLP) in which you associate an intense emotional state with a unique gesture.

An easy gesture that I often suggest is to take your right fist and lightly punch it into the palm of your left hand. This is not a gesture most people do often, so it works wonderfully as an anchor.

When you reach the peak emotional intensity of your power, make the gesture several times. Feel the sense of power coursing through your body.

Once you have done this, that gesture becomes "anchored" to your power. It is permanently associated with it. You can pair this gesture with other

emotional states as well, and it will allow you to access those states when you need them.

Now, we're going to add courage to that anchor.

In this moment, feeling your feet flat on the floor, take a deep breath in and then let it out slowly. Think of a time in your life when you felt bold and courageous; a time when you were doing things you might never have done before or when you might have been doing something that scared you ... a time when you felt the fear and did it anyway, because you had some damn good reasons.

Call that occasion to your mind right now.

Think of that time where you felt bold and courageous; when you were willing to take a risk even if it might not work out, because you wanted that thing so badly that you *had to do it*. Can you think of that time right now and bring yourself back to that moment; see whatever you saw? Were there people around? How did they look at you as you took this bold action? What were you saying to yourself? Say that to yourself right now in your mind.



Intensify the statement, and say it out loud. Take a deep breath in and feel that sense of courage. On the count of three, I want you to make that same sound of raw power and courage as before. Are you ready? One, two, three, go!

Take a deep breath in and, once more, pump that fist into your hand.

Notice how you feel, and continue this action as you breathe deeply again. You should feel a new energy in your body just from the last five minutes that we've been working on this.

Hopefully, you are beginning to get a sense of what could be possible for you if you were to use this energy in your body at all times. Unfortunately, we just don't access it that often, and the only reason we don't is because this sort of behavior a little unusual.

That's why I came up with this subtle anchor. If you really want to intensify things, one option is to put on some intense music and go to town physically. Make loud gestures and make some noise. You should watch me jumping up and down and yelling on the trampoline in the morning at my house: "Yes, yes, yes!"

I know it's crazy. It's ridiculous ... but it lights me up. I'm on fire every day as a result of it. I'm able to do more in one month than most people do in a year, and it's all because of generating that courage.

Remember: Courage is like a battery that you can charge up, and you can do the same thing with your anchor; you can charge this action too. Every time you feel naturally excited or powerful or strong or courageous, just perform your gesture.

When you need courage – when you are facing your fear – take a deep breath and say one of those phrases that you said to yourself when you were at the height of your power. One guy I worked with used the phrase, "This is mine."

If you were going for a job interview and you walked into the room with your head held high thinking, "This is mine," do you think you'd get better results than if you walked in thinking, "Oh, God I'm so nervous. I don't think I can handle this"?

The point of this exercise is to teach you how to walk into that situation with a sense of certainty, power and strength.

The practice we have just covered is plenty to get you started, but it is has only been a sample of what you will experience if you decide that you'd like to go deeper by checking out my program, Confidence Unleashed. In this program, we take a full hour to explore courage generation, boldness generation, and reconditioning yourself by changing your physicality and mindset ... and it's a no-holds-barred exploration of your power potential.

Now, if you're going to apply these four steps in your life, you must start by following the fear all the way through. Think about what you would you do if you knew you couldn't fail.

Each step of the way, you much provide yourself with a realistic assessment of what would *really* happen if you were to go after this desire; not the horrible catastrophes that you create in your mind, but the realistic outcome that you know can handle.

Remember: The underlying belief through all of this is that you *can* handle whatever comes your way. If you internalize that belief, there's no end to what you can accomplish in your life.

Next, you must shift from avoidance to approach. Enter a mode of approaching what scares you again and again.

Remember the rat that fled from the red light before finding out what had actually happened? You must stick around to find out what actually happens. Assert yourself and face that conflict. Do the thing that scares you and see what actually happens.

Your fears are based on old experiences. At this stage in your life, you can handle it. You can find a way to overcome what's in your way, whereas where you were younger or a kid, maybe you couldn't. The only thing you can be sure of is that you have to discover whether or not it's different now.

The third thing you must do is find your reasons.

Your reasons are your rope. If you find at least five reasons to fight for what you want in life, you reinforce your courage and you become stronger. Your reasons are the only things that will pick you back up when life knocks you down. They will keep you on point, give you a purpose, and hone your focus as you move toward your goals.

Finally, you must practice courage generation.

You can change your physicality and your internal energy. Get on your feet, use your body, and breathe more deeply. Think of times in the past in which you felt courage, and anchor that courage in your body.

Put some music on in the morning and get loud. Intensify your physicality as you get ready for the day. Bring that energy into the places that you need it.

Remember that we're harnessing this energy in order to generate courage. You can't just get really excited and then do nothing. You must use this energy to force yourself to jump off the high dive again and again and again. Eventually, the items on your list that are tens out of ten on the anxiety scale start to drop in intensity before you've even done them.

Find the fours and the fives on your list and start tackling them ... and don't do it just once. You can't jump off the high dive once and then avoid it for the rest of your life; you have to jump again and again and again and again until you come to fully understand that nothing bad is going to happen.

These steps will help you to *build the muscle of courage*, and that's what I want for you.

If you've been doing these courage building exercises as you read, don't leave the loose thread dangling: Go find something you can do that scares you and do it right now.



You have so many opportunities to do the things that scare you and force change in your life. Go forth and implement these actions right away.

I'm excited to hear how this works for you and what you are able to accomplish. I love hearing the success stories of my readers, so please send me an email. You can find me on the website SocialConfidenceCenter.com. Click contacts and send me an email to tell me all about your progress. Until we meet again: May you have the courage to be who you are.

Your Confidence Coach,

Dr. Aziz





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