

Live Well Lifestyle Teleseminar

Recap & Recording

June 12, 2014 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Fear Paralysis

My Intention Today: To swap fear for desire.

"A psychology professor of mine used to say that 80 percent of decisions are based on fear rather than desire." Unknown

Too often we settle for what we don't want instead of reaching for what we do. Why? It's an epidemic that I call fear paralysis.

You can't play the game of life with sweaty palms, so it's time to do a brutally honest "decision audit" to find out what's driving your choices.

1. List the top seven decisions you've made in your life, and think back to how you made them. Ask yourself truthfully if you were driven by an **aspiration** or if **fear** ran the show.
2. Were you moving toward something you wanted or away from an alternative that scared you?
3. Were you afraid that if you reached for your true desires, you'd end up falling short?
4. Trying and failing means the world has rejected you and your efforts, and rejection is our number one fear. But living—really living—is about taking chances, so what a shame if you never conquered your fears.

By the way, I am not advocating a reckless risk-to-reward ratio. In fact, feeling fear can be a good thing at times. There's a reason warning bells go off to alert us to impending danger—whether it's in a relationship that's going south or in a dark alley—so we've got to trust our gut feelings. What I *am* saying, however, is that if you are ducking out on your dreams, you need to start believing in yourself enough to go for it instead of settling into your comfort zone.

Assignment: Play the 'What If Game'

I want you to play the "what if" game, but you need to play it all the way to the end. If you're going to ask the question, then you've got to answer it with a realistic worst-case scenario.

1. What if you quit your job and the next gig didn't work out? Now keep asking 'What If' about your answers. See where your mind goes. Does it go to a fear or a solution?
2. Is it an outcome you'd be able to handle? Could you recover?

Think about it: You'd likely start over again and be much wiser. If you'd be gambling your rent money or your children's lunch money, then maybe the risk isn't worth it. But if that's not the case, I'm betting that the downside isn't as bad as you think—and the upside could be life-changing. You'll never get ahead by playing it safe.

If you don't like where your mind led you, you can ALWAYS choose another thought.

Power Thought Card: I deserve the best and I accept the best now. I am mentally and emotionally equipped to enjoy a prosperous and loving life. It is my birthright to deserve all good. I claim my good. Louise Hay

Wisdom Card: I am one with everyone on the planet. I am on the cutting edge of a new conscious awakening for the whole planet. I am willing to expand the horizons of my thinking. Louise Hay

Can Do Card: I have the strength to remain calm in the face of change. I am in the process of making positive changes in all areas of my life. Louise Hay

Closing Thought: You have within you an Inner Being, who will guide you through the path of least resistance or through the path of most allowance, to the swiftest, surest route for the satisfaction of your intentions.

You Inner Being knows exactly the appropriate action or thought or word or contact or synchronistic rendezvous that would be appropriate for you and is eternally offering impulses that give you the feeling of moving toward it. So many synchronistic meetings that you experience are encourage by that broader perspective.

To contact Perry A~ Arledge: perrya@austin.rr.com