

Are you ready to make a change? Five fear-busting tips to get you from drab life to FAB life!



By Ramona Remesat

Have you ever had to make a monumental decision? Did you agonize over it, knowing that the choice you would make would have huge implications on your life and well being?

For me, that decision was starting a brand new career in mid-life.

Starting something from scratch, beginning anew, and going in a totally different direction can feel (and IS) scary at first! It puts us totally out of our comfort zone. And while we often feel excited and fired up about the IDEA of doing something different, the emotion that comes with the actual DOING something different is typically fear.

Fear is a tricky little devil. In some instances, it can be helpful, like when your "spidey-senses" start tingling. This puts you on alert and makes you hyper aware so that you choose a safer route to walk home in the evening, for example.

But fear is also the culprit that keeps us stuck. It's the "but" that comes up when we say things like, "I'd LOVE to do this, but..." or "It would be so nice to have my own business, but..."

That "but" is what makes you look at your dream "rationally" but in reality it's just fear coming up that inevitably talks you out of going for it. You start thinking about the logistics of your desires and HOW you could ever actually attain them. And if that thing, situation, person etc. seems out of reach, then we just shut down. We forget about our dream and go back to living in our comfort zone.

Well let me tell you friends, nobody achieves greatness by staying in their comfort zones. On the flip side, when we push, grow, learn, branch out, and stretch ourselves, we find we are capable of things we never thought possible. Doesn't that sound better than staying stuck?

Sure, we are going to be afraid to do something new or different, but the key is to not let it stop you in your tracks. I see so many people with wonderful, beautiful, fantabulous dreams (with the potential to help countless people) abandon their passions, hopes and desires because they just could not push past their fears of making it happen.

Isn't that sad?

So if we all have fear in our life, how CAN we move past it?

FEAR BUSTER TIP #1: Which scares me more?

For me, it was a matter of looking at what scared me more. Was it beginning a spiritually-based business in my 40's (and coming out of the "spiritual closet") or, not following my heart and continuing to feel stuck and unfulfilled for the rest of my life?

The thought of spending one more DAY in the life I was living (at the time) scared the pants off me! I was sick of waking up feeling sad, disappointed, unfulfilled and like I was disconnected from my true path and purpose. So in having to choose between going for it or staying stuck, I chose to go for it.

FEAR BUSTER TIP #2: Rome wasn't built in a day

While the idea of building a business from scratch was daunting at first, I started by breaking it up into bite-sized chunks – the smaller, the better. EVERYTHING is overwhelming if you try to do it all at once. But when you focus on taking just one step and then another, before you know it, you've completed a marathon! This applies to EVERYTHING, not just building a business. Take a look at what you are trying to achieve and then break it out into smaller steps.

FEAR BUSTER TIP #3: Nobody goes it alone

A huge lesson for me was realizing that I didn't have to do it all on my own. Successful people align themselves with partners, mentors, coaches, assistants etc. When I acknowledged that some things were out of my realm of expertise, and sourced help in those areas, my business (and personal life) started booming! I could finally focus on the things that I was good at, and that I LOVED, and in doing so, I had more time and energy for my family. If you are struggling, reach out to others for personal or professional support. You will never regret it.

FEAR BUSTER TIP #4: You can always course correct

The biggest worry that people have when it comes to making a decision is choosing the WRONG thing. In fact, the fear of that is so overwhelming for some people that it creates paralysis. As a result, they end up procrastinating or simply NOT choosing anything. If you are worried about making the wrong choice, look at it this way. You can always course correct! Think of being in your car, following the GPS instructions. If you make a wrong turn, the world doesn't end. The navigation tool simply re-calculates your route to get you back on track. It's the same in life. Make your decision based on the best information you have at the time (and by ALWAYS following your gut instincts). If you find that the result isn't exactly as you had hoped, you can change course. Don't get wrapped up in thinking that you only get ONE SHOT at things.

FEAR BUSTER TIP #5: Just do it already!

Don't be afraid to make decisions because they may lead to mistakes. Mistakes are inevitably part of the journey. If you were perfect you wouldn't be on this journey. Some people fear failure so much that they freeze up and are afraid to make decisions or take action. But in not taking action, you never learn the lessons you are here to learn. Being successful, or achieving what you desire, is not about never making a mistake. It's about failing, learning from what happened, and improving. As Michael Jordan says, "I have missed over 9000 shots in my career. I've lost almost 300 games. Twenty-six times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

So if you are ready to make a change, start fresh this Spring, or embark on a glorious new adventure in life, then please kick fear to the curb and go confidently in the direction of your dreams. There is absolutely no reason that you cannot have, enjoy and LIVE the life you truly desire. It really is all within your grasp.

Ramona Remesat is a Spiritual Life Coach and Angel Therapy Practitioner, certified by Doreen Virtue. She helps women who feel unfulfilled and stuck in life start creating, and living, the life they dream of. Not only does she help them uncover their true passions, but she teaches them how to recognize (and trust) their inner guidance so they can take inspired action steps to make their dream life a reality.

www.ramonaremesat.com