

Feel the Fear and Do It Anyway!

Everything I need is here for me right now.

One way to develop confidence is to face your fears. This week, come to grips with your fears. Fear can hinder you and cause you take no action. However, there usually is no basis to what we fear. Face your fear directly. Fear is often described as false evidence appearing real. Discover precisely what you are afraid of and take action to discard your worry.

What fears do you have regarding your health and well-being? Spend some time this week exploring those notions and create an action plan to confidently address them.