
10 Ways to Move From Fear to Faith



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Introduction

Hello and welcome! If you are reading this it means you have said YES to moving from fear to faith. You have said YES to living your best life. In this easy read you will find out about 10 ways you can come from a place of power. I applaud you.

“Courage is being scared to death and saddling up anyway.” - John Wayne

I love that quote and find it to be totally true. If you are looking at people you admire and thinking that they are without fear you are mistaken. It's just not true. Let's remove this from our minds right now! There is no person on this planet that is more special or more deserving or more *anything* than you. Whenever we learn new things, venture out into unknown territory, break up with our pasts, go after our greatest ideas, it's scary. Everyone gets scared. That's just nature.

The only difference between the anxious and the confident is that the anxious give in to fear and the confident do not.

Each time fear is present we have a choice to make. Do we listen to the fear? Or do we proceed with our new desire anyway? What do we want to believe in? Where will we place our faith? Every time we proceed despite the voice of fear we get a little stronger. Pretty soon, we have gone from fear to faith. So let's get started!

Fear

Ah, fear. That sneaky little thief of joy. That scoundrel posing as our well meaning friend. That bully stopping us in our tracks. Fear is a powerful force and has many disguises. How many times have we bowed down to our fear? How many times have we given in to our "voice of reason" only to discover that in doing so we became bland. We went from a euphoric excitement surrounding a considered potential, to a flatlined energetic plateau immediately upon giving in to this frenemy in our heads or in our midst.

Each time I have given into fear I have sensed an immediate shift of energy. It often feels like going from a mountain top of possibility, promise, and excitement, to my well known couch on a sunny day with the shades drawn. I go from "ALL IS POSSIBLE, I AM ALIVE" to "but this is safer, I know how to do this, maybe I'll just wait," snooze.....

Seizing the day and going after what we really want means staying with the euphoric excitement on that mountaintop of possibility and choosing that euphoric excitement consciously even when it doesn't make sense. After all, it is we who train the mind and take it beyond previous programming. With any new thing, our mind simply will not compute. It can't. Technically, it hasn't been there before. *We* have to program our minds. We are the ones in charge.

Faith

Faith has been touted as many things. Of course, the first thing that comes to mind is the religious aspect of faith. There is also the comedic slant on faith that depicts those who have it as naive about what is “really” going on. To some who may have a harder time understanding or exercising faith, it can be viewed as dishonesty because the person who is exercising it isn’t saying things “as they really are.” So what is faith anyway? Here are some famous thoughts on the subject.

“Faith is taking the first step even when you don’t see the whole staircase.”

-Dr. Martin Luther King Jr.

“Most people think that faith means believing something; often it means trying something, giving it a chance to prove itself”

-Henry Ford

In my experience, faith can be cerebral or spiritual. In the mind or in the heart. Either way, it has to do with stepping out in action, speech, and belief into something that is new and unseen at the moment. Faith when exercised, opens us up to new experiences and ways of being. It’s exciting. It feels good and often keeps the mood light. It also seems to hold a certain magic. Things just happen. They click. Life feels fun. So let’s get into it shall we? Let’s move from fear to faith. Here are some steps to get that done.

1. Use Logic for Good

Remind yourself of the new frontiers you have already conquered. We all have a plethora of things we've learned and barriers we've broken down. Whether it's remembering learning how to walk, how to drive, or when we first ventured out in the world away from our families and on our own, remembering we survived is key. We made it then and we will make it again. All of us have examples of this. Remember the times you've made it! This is using logic for our good.



2. Use Your Heart, Not Your Mind

The thrilling zing of life comes to us when something new is in our midst. If we allow ourselves to be aware and truthful, even before the fear sets in, there is a brief moment of absolute joy. There is excitement and belief in the new possibility. This is our heart. It knows far more than our mind because it knows where we can go and what we really want to be whether or not we've experienced it yet. Use your heart's excitement instead of your head's nagging. You can trust it. Your heart knows.



3. Speak Your Praises

The highest, best outcome? Speak of that. Challenge your mind, feed your heart, and build your confidence by speaking of great outcomes and *expecting* them. "It's gonna be fun, I'll be open to meet great people, Oooh I can learn so much!" Whatever led you to this wonderful opportunity had a great payoff attached. Replay these payoffs and other rewards in your mind to blast through fear. Just start with the best outcome you can easily imagine and go from there. As long as it's the best you can truthfully imagine, you are doing it right. Have fun and go for it. It works.



4. Take Swift Action

No really, act now!!! One of the best ways to blast fears is by moving quickly in faith. Delay welcomes doubt and inaction. Acting quickly on faith makes a bold statement about who you are and what you believe in. It also puts a practical spin on you achieving the thing you want to achieve. How? It makes sure you achieve what you hope for. For instance, perhaps you've told someone that will ask you about it later. Now that person knows your plan and could follow up with you. Maybe you already made that financial commitment, or you made that plan that can't be cancelled. Now you've gotta go and do the thing. When your greater self is calling or that bigger opportunity is presenting itself or that dream is knocking on your door, don't get stuck thinking, ACT! As 18th Century ennobled writer Goethe wrote, "Boldness has genius, and power, and magic in it." Be bold. You will be rewarded for this.



5. Challenge Yourself Often

What do I mean? Challenge as many fears as you can at once. Like any other muscle that builds with working out, going from fear to faith is the same. You will build your confidence and your ability to blast past fear, the more you do it. Are there little things you've considered but have put off? Trying new foods or places, meeting new people, taking action toward the passions in your heart, signing up to learn something new? Most of us have a list of things we've considered but haven't tried yet. Put that list down somewhere. Write it down on a piece of paper, store it in your phone or computer, put it up on your fridge, and see how many things you can go do right away. Trim away at the fear, build your faith muscle, and enjoy the guaranteed payoffs of having ventured out!



6. Document Your Success

Listen, every time you step out in faith you are winning. Take photos, write about it in a journal, snap up souvenirs and put them somewhere you can see them in your home. Celebrate your wins, luxuriate in them, and most importantly rejoice!



7. Look Up

In order to go further than we have ever gone, we have to do things we have never done. Luckily, someone in the world has most likely traveled the path you are interested in. Look up to them. Almost all of my mentors and inspirations have been people I did not have access to personally. It doesn't matter where you are in life or on the globe, look up! This helps you see out of your current situation and helps you stay strong when you are moving from fear to faith without a support system. You have the power to achieve all things but no person is an island. So remember to keep your head up and your sights high. Move from fear to faith by looking up!



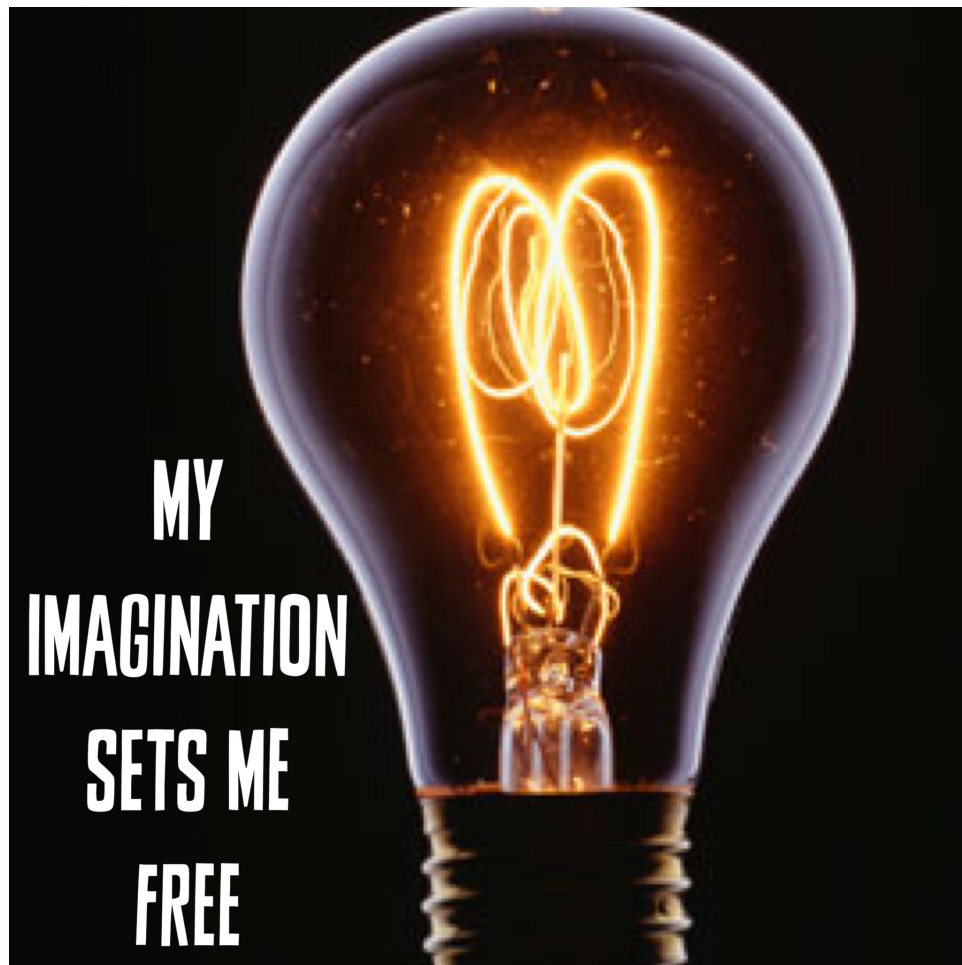
8. Seek Like Minds

Ok so you've been looking up but may be feeling a little lonely. You're doing all these new things and your circle of people might not be sure about this new fearless you. Trust me, shift happens. Your people will change when you do and every fearless person has gone through this shift. So what do you do? We all need encouragement. We all benefit from support. Seek out those who understand your language, who also desire similar things that you do. If you are just starting to move from fear to faith, that doesn't mean you can't start without this, it simply means that when you notice someone is encouraging you and is a like mind or a believer, spend time with them! Give those encouraging, understanding, relationships attention. Be open and notice when new people that are in alignment with the new fearless you start to present themselves. Birds of a feather flock together. There's a reason for that. When your tribe starts to show up, acknowledge them and if you find yourself able to purchase time with a coach, mentor, or trainer, invest in you! You will be so glad you did.



9. Imagine It

Ok so you want to do this new thing but you're really scared. Can I really do that? What if I fail? How will I pay for that? What will people think or say? Yes, we've all heard it all before. I'm telling you those fear filled voices can be nasty. They know exactly what to say and how to say it. Still, none of that matters. Why? You can do what you want anyway. It all starts in your mind. Here is how you can get started and it's gentle. Hooray!!! Ready?! Imagine yourself doing the thing you want to do. No, I mean *really* imagine it. Imagine yourself as that person. The person that is working out regularly, the person that dates and meets new people easily, the person that (insert your dream here) and let yourself marinate in the vision. What are you wearing? How do you look? Who are you with? Doing this opens you up, it has you think of the new thing with joy in your heart, and it also shows you practically what you can do now to take baby steps into your power. It also feels really good and it doesn't take long. A minute, three minutes, no more than 5. You can do this whenever you want. It's fun and it works. Imagine it.



10. Be Kind

I still get afraid sometimes and it's ok. I'm continually learning I can accept fear without giving into it. Sometimes I have to mediate, pray, and seek out encouragement. Sometimes, I get past quickly. All of these methods I've shared with you here, I also use. The ultimate trick is to be kind with yourself. Be gentle. You *know* whether you are needing to be loving with yourself or if you are trying to avoid growth. We all know inside. If you are needing to be kind with yourself, do so. Take baby steps.



And Remember...

Any action is better than no action. Experience is always way better than theory. Be encouraged and be encouraging to yourself. Nobody wants to be nagged into anything. That includes you. So let that go. Let your inner bully / drill sergeant rest. Just be love. Whether it's challenging your past beliefs, adopting new wisdom, engaging in new things physically, or following your heart into wonderful new ways of being, you can do it and will do it all, one step at a time.

These 10 steps built the the path that takes me there. Let's go for a walk on this path together. You can do what you dream. You can leave fear behind and stay in faith. In power. I believe in you and can't wait to hear what you did.



Thank You

I just know you are destined for more and more great things! It is my honor to share these winning strategies with you.

Special Gift

As an added bonus, I have created affirmation cards for each step covered in this book. If you would like to enjoy them easily on a daily basis, simply print out the last two pages (16 & 17), then cut out the cards to enjoy.

Cheers to you living your best life now!

Additional Resources to Overcome Fear

If you want to grow your confidence, and you want to grow it so that it lasts, consider joining my Be Bold Coaching Program. You will get:

Community
Ongoing Training
Confidence Building Tools
& more!

Become a Be Bold Coaching client at teemaree.com

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