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THE SKINNY ON HEALTHY LIVING

**FIX YOUR
METABOLISM**

**FREE
YOURSELF TO
FORGIVE**

**SUMMER
FLING OR
LOVE?**

IS FEAR HOLDING YOU BACK?

By Deb Wilber, MBA



What are you afraid of? Before giving that too much thought, think about your list of things to do; your dreams to realize, your bucket list.

Are there items on the list that you never seem to get to? Have you stopped to think about why?

If you want to apply for a new job or go after a promotion; you might need to revise your resume, practice your interview skills, work your network contacts. Pretty straightforward tasks. But you still don't do them.

Now visualize yourself in the new job. How do you feel? Do you feel happy, confident, accomplished? Or do you feel happy but hesitant? Wondering if it's the right job. Wondering what if you can't do the new job or handle the promotion? Wondering if you will have time for your friends and family?

It's time to say HELLO to fear and tell it to TAKE A HIKE!

It's natural to be apprehensive about new adventures. We all worry about the what if's. But the real work lies

underneath the what if's and the excuses we make for not taking action towards our goals.

What if I am successful in landing the new job or promotion? How will it impact my life? Will it mean longer work hours? Will it mean a different commute? A longer commute? More responsibility? More money? You get the picture.

Are you afraid of the change, the disruption, the potential chaos in your life? That's ok. Now it's time to weigh the pros and the cons of the new job. Is the disruption worth it for more money or more responsibility or greater job satisfaction? Think about it.

Are you afraid of failing or being wildly successful? That's ok. Now it's time to think through the realistic possibility of failure and success. What are the chances that you might fail or succeed? What do you know about the new environment, your new boss, the work? Have a rational discussion with yourself, then discuss your fears with a trusted advisor. Get a reality check from your trusted advisor, someone who will tell you the truth and support you: your best friend,

mentor, spouse or partner. Is the risk of failure or success worth it? Think about it.

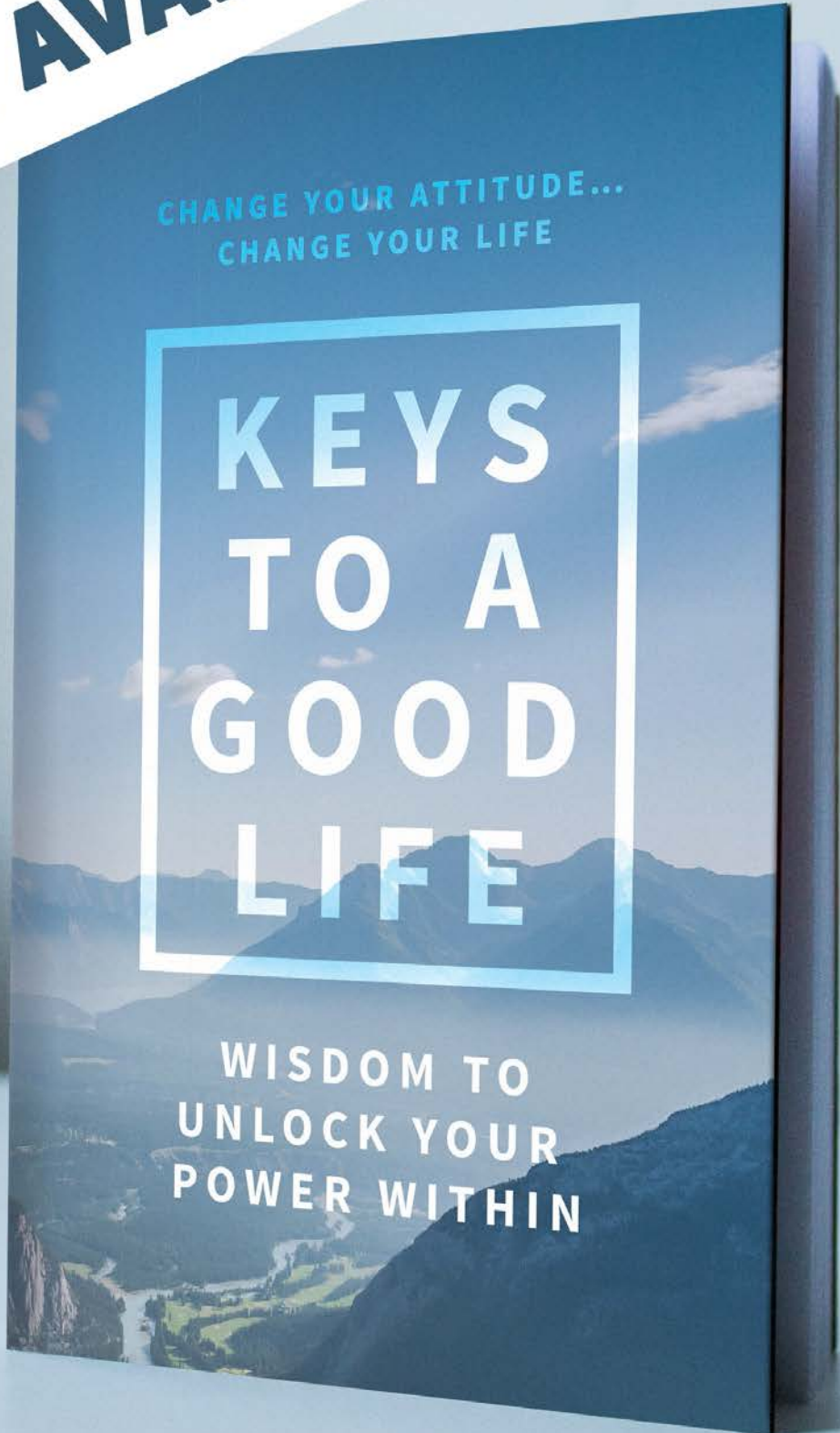
Sometimes we don't take action because our subconscious mind is filling our heads with fearful thoughts and holding us back. And if we let fear hold us back, we will never take action, never move forward, never be closer to our dreams and goals. It takes courage to take the first step.

Don't let fear hold you back, think about the what if's and address them. Talk with your trusted advisor and determine if the fears are real issues or simply excuses. We are all experts in inventing excuses. Let's work on being experts in taking action and being courageous!

Deb Wilber is a coach, author, speaker and owner of Real Life Spark™. She created Real Life Spark™ as she believes intuition sparks changes that are transformative. As a coach, Deb creates an environment where you feel safe to explore your journey, gain clarity in your purpose and move confidently towards your dreams.

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Are you ready to ignite the next generation of you?

Deb Wilber can help you understand your journey so you can release your fears, feel more confident and realize your purpose.




Deb Wilber, MBA


Coach · Author · Speaker

Deb Wilber created Real Life Spark™ as she believes intuition sparks changes that are transformative. It was Deb's intuition that sparked her personal transformation, from executive to entrepreneur, and it can spark yours, too! Deb creates an environment where you feel safe to explore your journey, gain clarity in your purpose and move confidently towards your dreams. Deb's authentic style, a blend of executive experience, education and intuitive knowledge, support you in making small and impactful changes with confidence and grace.

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minute mini-coaching
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