

## **Fear or faith**

*The difference between mediocre success and a breakthrough success is your willingness to face and deal with your fear. Have an assurance of things hoped for and a conviction of things not seen and you will create hope, boldness, and courage, and begin living the life you dream of.*

by **Lisa Jimenez**

plus AUDIO and ATTACHMENT

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Albert Camus, the famous French philosopher and author of *The Stranger*, once applied names to the previous centuries. He named the seventeenth century as the century of math. The eighteenth was the century of the physical. The nineteenth was the century of biology. Then, he shocked the public by naming the twentieth century the century of fear.

Along with this bold statement, came that of philosopher and poet, W.H. Auden. He called our time, "The Age of Anxiety."

Newspaper columnist Ann Landers was once asked, "Out of all the thousands of letters you receive each month, what problem is most dominate in people's lives?"

"It's fear!" she replied without hesitation. "People live in bondage with their fear. They're afraid of losing their wealth. They're afraid of losing their loved ones. They're afraid of being themselves. They're afraid of growing up and being responsible. They're afraid of life itself!"

***What about you? What fear, hidden or known, is affecting***

## ***your behavior and keeping you from living your dreams?***

I have never met a person who hasn't had to face some degree of fear. In all the personal coaching clients I work with I heard story after story about how they, too, had to face and deal with their fear. What I began to notice is how similar the stories were! The names would change. The circumstances were different. But the fear was the same—and very real. I came to understand this profound truth:

***The difference between mediocre success and a breakthrough success is your willingness to face and deal with your fear.***

When your fear is exposed, you break its control over you. The reality is, fear was never intended to dominate your destiny or control your behavior. FEAR IS HUMAN. It is in every person's life, exists in every success story, and is part of growing. Fear isn't going away. It's not fear that keeps you from success. It's your inability to deal with it.

The first step in dealing with your fear is to change your beliefs about it. Change the way you think about fear and you change your reaction to it. Fear can be healthy. Think about it. It is fear that gives you the powerful adrenaline rush so that you will have the ability to flee from a situation that is truly unsafe or the same adrenaline rush to fight to win! Yes, fear is a gift, instilled in you to keep you safe and lead you to faith.

***Fear is your green light to GO!***

So why do people allow this gift to negatively control their actions, their beliefs, and ultimately their lives? Well, it has a lot to do with making a distinct difference between *your instinct and your intellect*.

As a child you would react instinctively to fear. This was acceptable behavior for you then. But, over time, you developed habits of behavior

that today cause you to react to fear instead of act. You react instinctively to fear by running from it, ignoring it, sabotaging your efforts, or quitting the very dream you said you wanted. These habits of behavior are programmed into you. To interrupt these negative behaviors you need to use your intellect and act in your fear.

Every person has fear. The successful have learned to befriend their fear. They don't react in their fear. They act in it – walking through their fear.

You might be saying, "Sure, Lisa. That's easy for them. But my situation is different!" Maybe so. But remember one thing. Every person has the same weapon to help them act in their fear. Every person has the gift of faith. The way to befriend fear is to neutralize it with its opposite – which is faith. Is your faith stronger than your fear?

Where faith is dominant fear is silenced. Faith is like a multivitamin on steroids!

***It is faith that fosters hope, courage, boldness, and conviction. These are all the ingredients you need to conquer fear.***

The headline of a recent USA Today read, "Faith is more important than food." That was the conclusion of a remarkable medical report, which studied the correlation between stress and ulcers. The report cited that ulcers were by-products of anxiety, worry, and fear. It went on to discuss how faith is the most powerful cure for a patient suffering from an ulcer.

Even the medical community recognizes the power of faith. To an ulcer patient writhing in pain, faith is more important than food. But, this truth applies also to healthy people as well. It applies to parents doing all they can to raise healthy, happy kids. It applies to spouses trying hard to keep their marriage alive or even keeping it together. Faith applies to professionals working to build their business. The bigger the goal— the bigger need for faith.

## **But what really is faith?**

Webster's definition of faith is "belief, trust, or reliance." The Apostle Paul's definition is "Faith is the assurance of things hoped for and the conviction of things not seen." Do you have the assurance of things hoped for, and a strong conviction that, you have all you need to make your life work? Well-known author, Max Lucado, explains faith in the following story:

Imagine that you are an ice skater in competition. You are in first place with one more round to go. If you perform well, the trophy is yours.

Then, only minutes before your performance, your trainer rushes to you with the thrilling news: "You've already won! The judges tabulated the scores, and the person in second place can't catch you. You are too far ahead."

Upon hearing the news, how will you feel? How will you skate? How about courageously and confidently? You will do your best because the prize is yours!

Live your life like you've already won. Walk into that prospecting interview like you've already got a new partner. Ask that man out on a date like he's already said yes. Ask for that sale like you've already made it!

Albert Camus, W.H. Auden, and Ann Landers exposed our fear. Fear exists. You can neutralize it by cultivating your faith. Have an assurance of things hoped for and a conviction of things not seen and you will create hope, boldness, and courage, and begin living the life you dream of.



**Lisa Jimenez**, speaker, author and trainer, has helped thousands of network marketers and direct salespeople shatter their self-limiting beliefs and finally get the breakthrough success they want. From her doctoral work in leadership at Florida Atlantic University, to her matchless experience building a business herself, to her home life as a wife and mother of three children— Lisa gives your people a fun, powerful message of life and work success. They will regain their drive, childlike courage, risk-taking ability, and get "on fire" for what they have to offer in creating personal and career success.

Lisa is the author of 4 tape albums and 2 books, covering personal and professional development. Her newest book, *'Conquer Fear! Ending Procrastination and Self Sabotage to Achieve What You Really Want'* is a handbook for creating success. Its unique blend of psychology and theology offers a powerful combination that will change your beliefs, and thus your results.

If you are ready to shatter self-limiting beliefs and conquer your fear forever... If you are ready to be encouraged and challenged to reach new levels of success ... then you need to bring in Lisa Jimenez for your next rally or convention.

To learn more about Lisa, visit her success store, get a copy of her free Success Catalog and sign up for her RX-Success newsletter, visit her website with our affiliate link here: [RX-Success.com](http://RX-Success.com).

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AUDIO

MOTIVATION | PERSONAL GROWTH | VALUES | VISION

## **Living a rich life**

*Living a rich life is a mind set. It is an inner health of how you see yourself and others, what you believe, what you think about, and how you behave. In one sentence: It's about BEING your full self and living that full self OUT LOUD and IN COLOR!*

by **Lisa Jimenez**

44 minute downloadable MP3

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This audio contains the first seven Daily Meditations from *The Rich Life Kit*.

Day 1 - You are worthy (5:18)

Day 2 - Know the difference between self-confidence and self-esteem. What is self-confidence? (5:09)

Day 3 - Know the difference between self-confidence and self-esteem. What is self-esteem? (6:27)

Day 4 - Break the strongholds of the past. (8:59)

Day 5 - Why positive affirmations are not enough. (5:42)

Day 6 - Are you truly rich? (6:50)

Day 7 - Core habits of the truly rich. (6:24)

**The Rich Life Kit** is a system that comes in two segments. The first segment is the Advanced Rich Life Seminar— four 60-minute audio CDs and a work-along Study Guide. You will listen to one of the four CD's each week for a month. You'll have homework assignments and quizzes to complete in your study guide. The power in this seminar is the accountability aspect. When you go through the homework assignments

you will get clear about what you really want, what has been holding you back, and exactly what you need to do to help you get there. You will create a clear step-by-step action plan to keep you focused every day. You will build momentum and that is the most powerful, sure way to creating success!

The second part of the Rich Life Kit will keep you focused and motivated every day. You will receive 27 daily meditations that will condition your mind and your heart to RECEIVE the abundance you begin to attract. Each daily meditation comes on its own CD. Pop Day One in your CD player in the morning and meditate on it all day. Then, you'll build on that mediation the next day and the next and the next. THIS is important! These 27 daily meditations will actually retrain your mind. They build on each other and will empower you to think differently, dream more boldly, and act more abundantly.

To learn more about The Rich Life Kit and the other products and services from Lisa Jimenez, and to sign up for her free RX-Success ezine newsletter, visit Lisa's website with our affiliate link here:

[RX-Success.com](http://RX-Success.com)

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