

Module 8

Building Belief and Overcoming Fears

Meaningful Specifics contained in the *Building Belief and Overcoming Fears* video.

- To unleash your full potential you must recognize your personal barriers such as lack of confidence, fear of failure, or unrealistic expectations.
- Facing and overcoming fear, working to gain confidence, and seeking the support of your mentor and team members will contribute to your success.
- Filling your mind with positive thoughts opens you to great possibilities.
- Read books and listen to favorite audio and video media.

Worksheet

What we focus on and listen to are key to helping us achieve success. We suggest you replace some of the time that you now spend listening to music, news, or talk radio with audio books that inspire and open your mind to new possibilities. When we listen to negative things on the news and radio our thoughts focus on the negative events happening in the world. Instead, fill your free time with listening to inspirational audio books or music and reading books that focus on how you can accomplish your dreams. This will cause your mind to focus on positive things.

Tips for success:

- Instead of listening to news or talk radio on your commute to and from work, listen to an audio book that teaches one or more of the skills you want to learn.
- Seek mentors to help you overcome fears and build your belief.
- Read 30 minutes daily.

We have suggested a few books that will put you on the path to successful thinking.

- Eric Worre, ***Go Pro*** (2013)
- Don Miguel Ruiz, ***The Four Agreements*** (1997)
- Darren Hardy, ***The Compound Effect*** (2010)
- Dale Carnegie, ***How to Win Friends and Influence People*** (1936)
- Norman Vincent Peale, ***The Power of Positive Thinking*** (1952)
- Steven K. Scott, ***The Richest Man Who Ever Lived***, (2006)
- Stephen Covey, ***The 7 Habits of Highly Effective People*** (1989)
- James Allen, ***As a Man Thinketh*** (1904)
- Simon Sinek, ***Start with Why*** (2009)