

# 9 STEPS TO TURN FEAR INTO FUEL

You want to feel powerful, alive, confident,  
Focused, productive and lit up...

Here are your 9 steps for dealing with your  
Emotional state when the inevitable upset happens

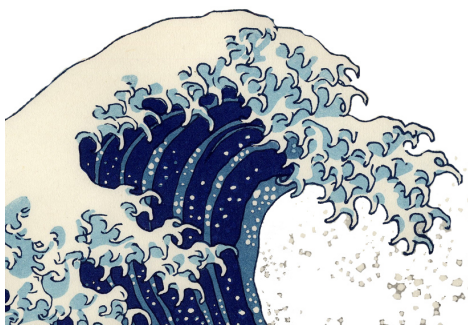
1. Notice that you are triggered.
2. Acknowledge the surface feeling in yourself
3. What criticism do I have (or am I resisting) about myself?
4. What is the deeper feeling under the judgment?
5. Be willing to feel the feeling totally and completely like a child
6. Be willing to drop your resistance / accept the thing you fear.
7. Forgive yourself for thinking you needed to be perfect.
8. Open to Higher power and connect
9. Take massive action on the unresolved area that triggered you

Circumstances don't cause emotions. Our habituated reactions trigger emotional response. Blaming people, places or things keeps us stuck. Acceptance sets us free.

One of the big reasons we get upset is that we are trying to run from the shadows and fears that got stuck in our hearts and minds. Often times this is some kind of criticism we avoid. There can be a phrase or name that we get furious about. "Not good enough," "not worth loving," "Not capable." We waste a lot of energy this way.

When we can accept that we are human, and have the whole spectrum of human existence in us, then we are free. Every culture on the planet knows this process is hard. Turn to a Higher Power for strength.

Finally, in whatever situation you have found yourself emotionally triggered, you then take massive action to change any unworkable conditions. The whole reason to get clear within yourself is to kick butt on your dreams.



Imagine what it would be like if you knew that life was happening for you not to you? What if you knew that everything in life was there for your growth and happiness? What could you do in your business if you mastered your emotions? How could you perform? Could you earn more? Take the time to cultivate emotional skillfulness. The next step is simple. Buy **INDESTRUCTIBLE SUCCESS** at SethBraun.com and dig into chapter Five.