

TAKE A CHANCE

THROWING CAUTION TO THE WIND

July 2009

London Growth Group

To play it safe is
not to play.”

▣ Robert Altman



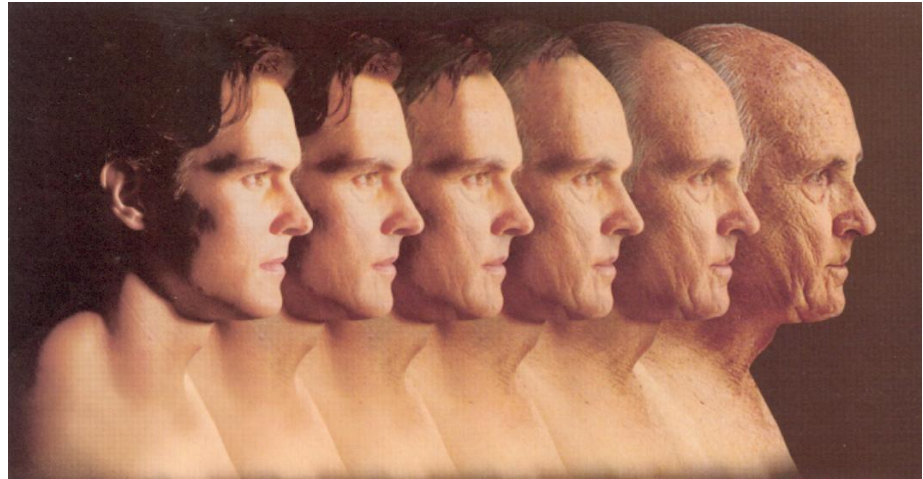
What's holding you back?

- ❑ Fear of not knowing?
- ❑ Feeling foolish?
- ❑ Looking silly?
- ❑ Making a mistake?
- ❑ Indecision?
 - ▣ The wrong choice?
 - ▣ The disastrous outcome?



Level 1 Surface Fears - Situational

- Those things that “happen” to you
 - Aging
 - Being alone
 - Retirement
 - Illness
 - Rape
 - Accidents
 - Losing a loved one



Write it
down



Level 1 Surface Fears - Situational

- Those things that require “action”
 - going back to school
 - making decisions
 - changing career
 - ending/beginning relationship
 - losing weight
 - public speaking
 - intimacy
 - making a mistake

Write it
down



Level 2 Fears - Generalized

- These things impact much of our lives
 - Rejection
 - Success
 - Failure
 - Being vulnerable
 - Being conned
 - Helplessness
 - Disapproval
 - Loss of image



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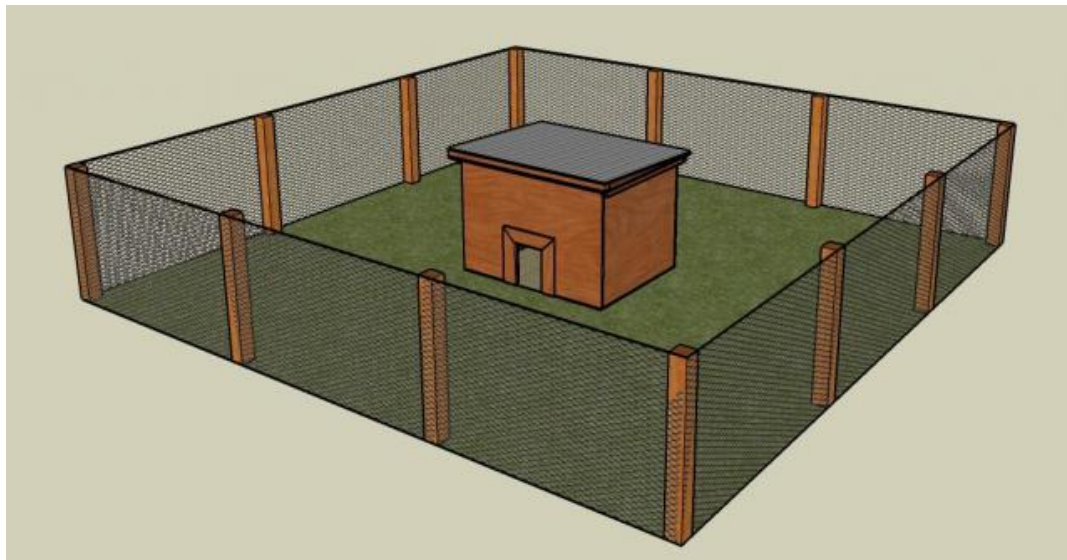


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Level 2 Fears – RESULT?

- Protect yourself
- Shut down
- Greatly limit yourself



What do
you do?

Level 3 Fear

- The BIGGEST FEAR OF ALL!!!!



Level 3 Fear

I can't

handle it!!



Level 3 Fear

- At the bottom of every one of your fears is simply the fear that you can't handle whatever life may bring you.



That's it??

- **SO, if you knew you could handle anything that came your way, what would you possibly have to fear?**



□ NOTHING!!!



Level 3 Fear: Internal Control

- What this means is you can handle all your fears without having to control anything in the outside world.



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Level 3 Fear: Internal Control

- ALL YOU HAVE TO DO TO DIMINISH YOUR FEAR **IS TO DEVELOP MORE TRUST IN YOUR ABILITY** TO HANDLE WHATEVER COMES YOUR WAY!!



TOOLS TO BUILD COURAGE

TAKE RISKS AND REALLY LIVE

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FREEDOM IS
IN PERIL
DEFEND IT
WITH ALL
YOUR MIGHT



There came a time when
the risk to remain tight
in the bud was more
painful than the risk it
took to blossom.”

▣ Anais Nin



TOOL:

What's the worst that could happen?

- **Ask: What's the Worst that Could Happen?**
- What is the danger of not doing?
- What is the danger of doing?
- Think 5 years into the future – what will your life be like if you don't try vs. if you do?



**“Life is short; live it
up”**

▣ **Khrushchev**



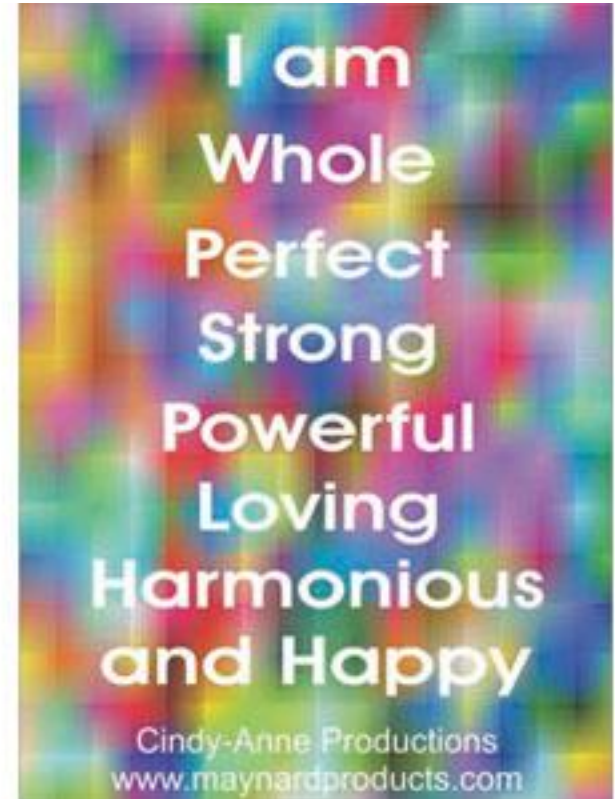
Tool: **Affirmations**

- Affirmation
 - ▣ Strong, positive statement telling us “all is well”
 - ▣ Powerful way to overpower your negative thoughts
 - ▣ Can be done anywhere
 - Tube
 - Shower
 - Bus
 - Car
 - Lift



Tool: Affirmations

- Subject matter ideas:
 - Affirm of self-respect
 - Affirm your serenity & trust
 - Affirm your gratitude & abundance
 - Affirm your power & love
- Stated in positive
- Present Tense
 - “It’s all happening perfectly”
 - “I am creating a wonderful life”
 - “I’ll handle it”



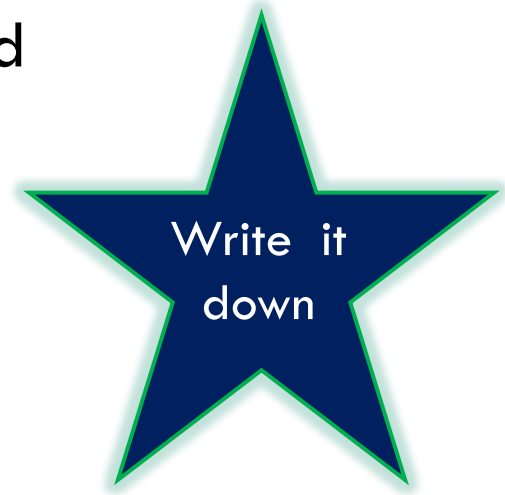
Tool: Affirmations

- **Affirm your self-respect**
 - I stand tall & take responsibility for my life
 - I am good enough
 - I can handle all that happens in my life in a love and powerful way



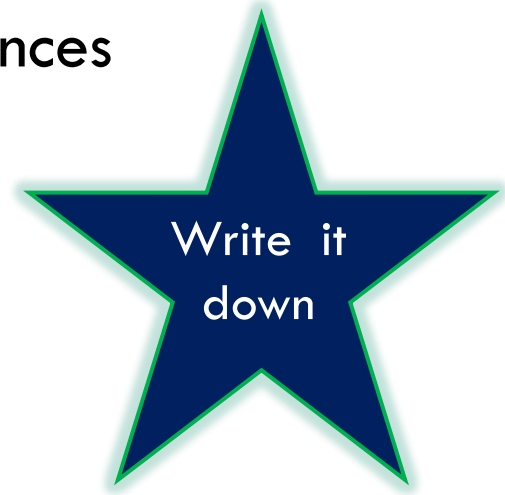
Tool: Affirmations

- **Affirm your serenity & trust**
 - I let go and I trust
 - I relax knowing I can handle all that needs to be handled
 - I peacefully allow my life to unfold



Tool: Affirmations

- **Affirm your gratitude & abundance**
 - I am thankful to the many people who contribute to my life
 - I focus on my many blessings
 - I am finding the gift in all experiences



Tool: Affirmations

- Affirm your power & love
 - ▣ I am powerful and I am loving
 - ▣ I am powerful and I am loved
 - ▣ I am powerful and I love it!



Tool: Affirmations

- Use your mini-affirmations to write out your **MASTER** affirmation on 1 index card



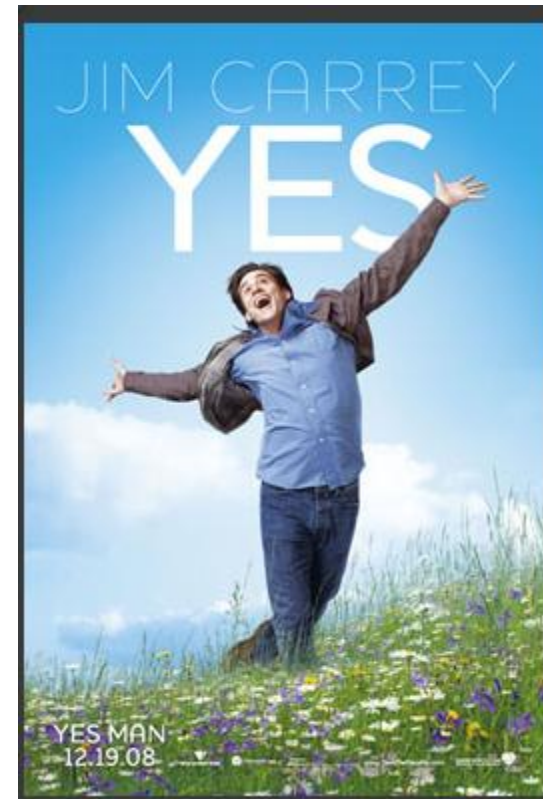
It's not so much that we're afraid of change or so in love with the old ways, but it's that place in between that we fear It's like being between trapezes. **It's Linus when his blanket is in the dryer. There's nothing to hold on to."**

▣ Marilyn Ferguson



Tool: **Say Yes! To Life**

 **Yes!**



Tool: Say Yes! to Life

- Attitude of spiritual fullness
- No matter what happens, I'll make something wonderful of it
- I am fearful of _____
- **SAY OUTLOUD:** "I can say Yes! To this. I refuse to be a victim. If this ever happens, I will find many blessings that will enrich my life"



Write it
down



Tool: **Let Go of Outcomes**

- Goal clarity is good, however...
 - ▣ If it happens – so be it
 - ▣ If it doesn't happen – so be it
- Rigidity – must “unset our heart”
- Life is what happens when you're making other plans
- Freedom to continuously adapt our lives towards our highest desires and best opportunities



Tool: Let Go of Outcomes

- By the time I am 35, I will be happily married and have 2 children, 1 boy and 1 girl. The person I marry will be loving and gentle, and we will have enough money to enjoy the best that life has to offer



Tool: Let Go of Outcomes

- By the time I am 35, I will be happily married and have 2 children, 1 boy and 1 girl. The person I marry will be loving and gentle, and we will have enough money to enjoy the best that life has to offer – ***or whatever else the Grand Design has in store for me. It's all happening perfectly for my highest good.***



Tool: Practice making no-lose decisions

- We learn and grow no matter how things turn out
- Guarantee that all your decisions are right decisions



Write down 3 decisions you current face

- After each one write down:
 - **“I can’t lose – regardless of the outcome of the decision I make. I look forward to the opportunities for learning and growing that either choice gives me.”**



Tips before you make a decision

- Understand no-lose philosophy
- Do your homework
 - ▣ Speak to your resources
 - ▣ Learn as much as possible
 - ▣ Look at where your priorities are
 - ▣ Listen to your intuition (gut)
- Make your decision
- Handle whatever happens

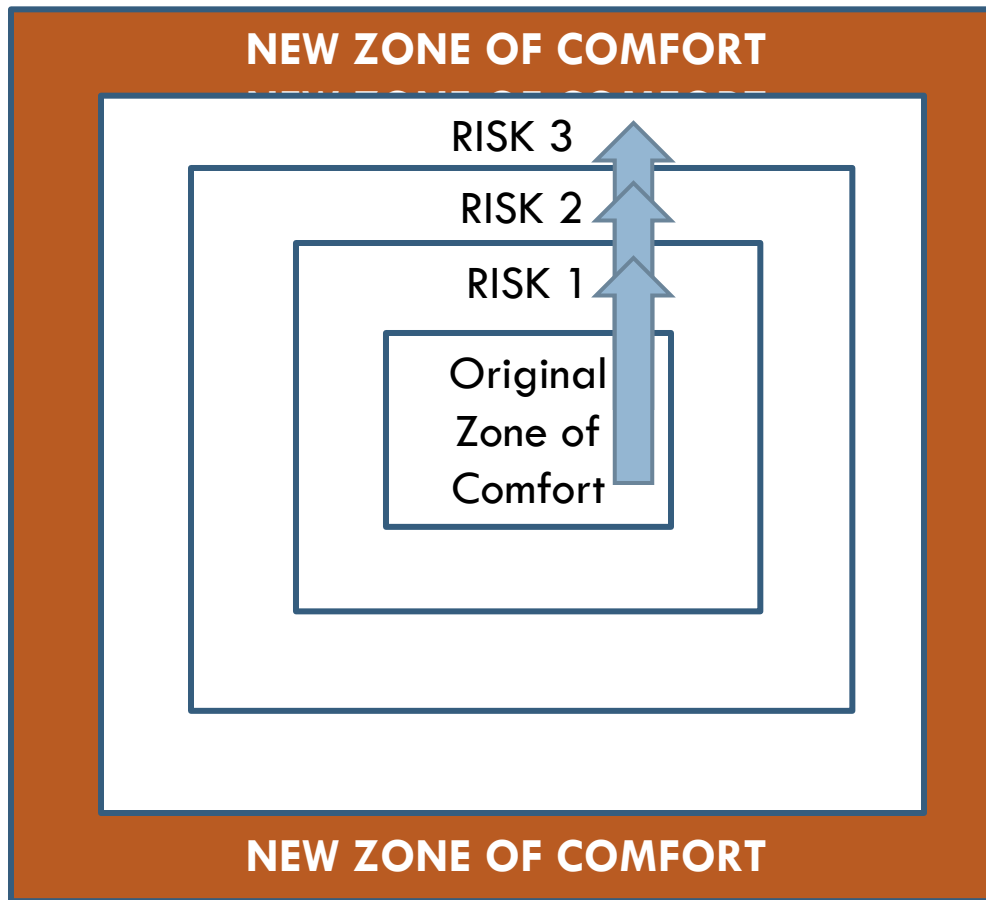


□ The only person who never makes mistakes is the person who never does anything.”

□ Dennis Waitley

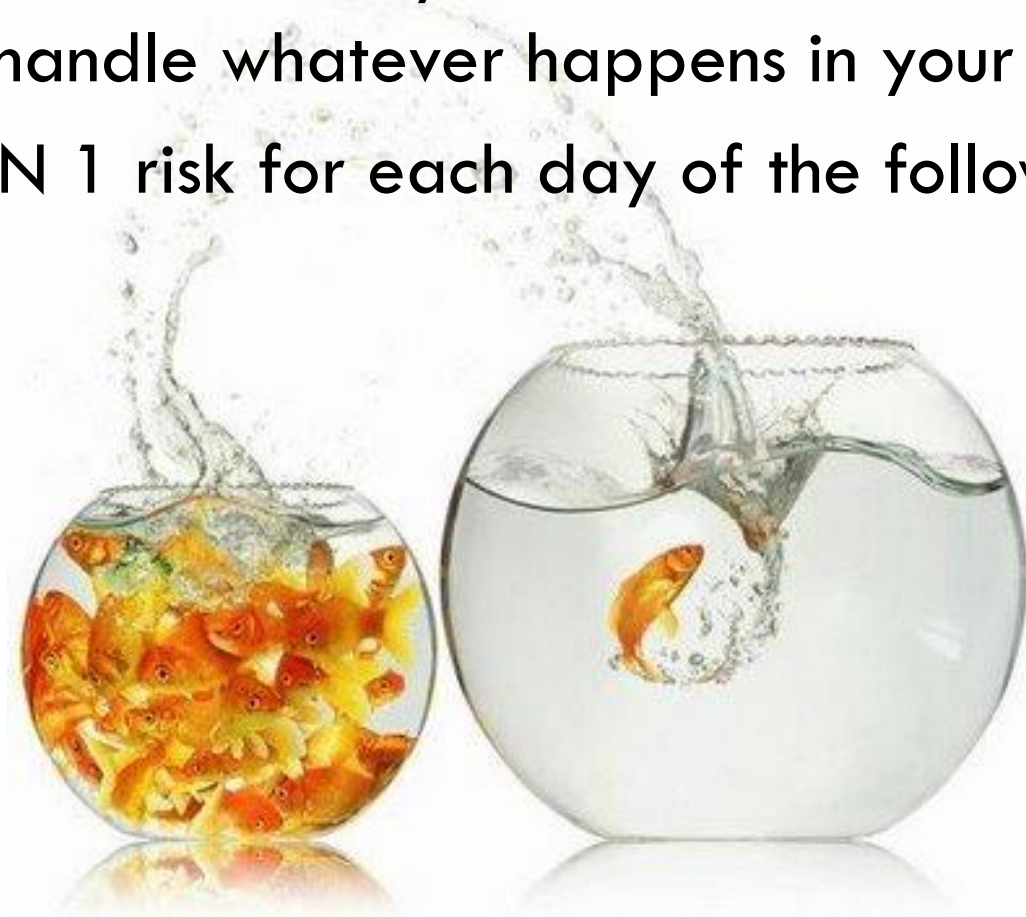


Tool: **Expand your Comfort Zone**



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- Taking a risk a day forms the safety net you create for yourself that reassures you over and over again that you can handle whatever happens in your life
- **WRITE DOWN** 1 risk for each day of the following 30 days



EXERCISE: Expanding Comfort Zone

- London Eye
- Tower of London
- British Museum
- Tower Bridge
- Westminster Abbey
- Leicester Square & Soho
- Southbank Walk
- Buckingham Palace
- Hyde Park – Serpentine
- Kew Gardens
- Tate Modern
- St. Pauls
- Natural History Museum
- V&A Museum
- Oxford Street
- Globe Theatre
- Borough Market



Tool: **The WHOLE** grid of life

1. Personal Growth	2. Relationship	3. Career
4. Family	5. Spiritual Growth	6. Friends
7. Contribution	8. Alone Time	9. Leisure



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1. Personal Growth		3. Career
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Tool: **Other Tools**

- Change what you link pain and pleasure to
 - ▣ Uncover the “payoffs” that you secretly get from keeping a negative situation
 - ▣ Define the new rewards for changing your situation
- Find “go for it” FRIENDLY friends vs. the “be careful” friends – create
- Be “other involved” vs. Self-involved – a GIVER!
- Be willing to be a “fool”



Suggested Reading

- *Feel the Fear & Do It Anyway*, Susan Jeffers, PH.D
- *If You Want to Write (Paint, Create, Play, Become a Comic, etc.)* – Brenda Euland
- *Life Makeovers*, Cheryl Richardson
- *The Joy Diet* – Martha Beck
- *A Short Guide to a Happy Life* – Anna Quindlen
- *Risking Everything – 110 Poems of Love & Revelation* – Roger Housden

