

TURN YOUR

FEAR INTO

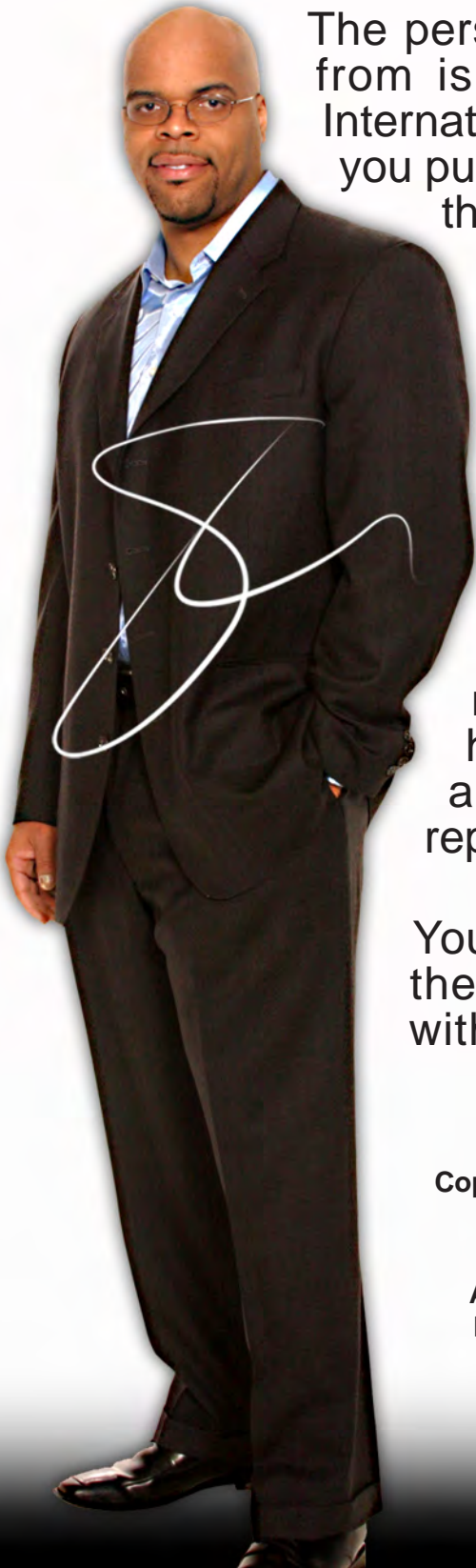
POWER



Stephen
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International, Inc.



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Turn Your Fear Into Power

A few years ago, the US Army carried out a research project to find out what made the best soldiers. They weren't looking to see if this had anything to do with lack of fear because they felt that fear and the emotional reaction that came with it was something that would sharpen a person's senses.



In their research, they wanted to see how people could respond to fear and go into a heightened state of awareness, where they could shake off the fear. They wanted to see what the emotional reaction was and how it could be used to get things done.

The army came up with a simple test. They took some well trained soldiers and ordered them to give a speech on a topic that they know nothing about. These soldiers were to give the speech in front of a large group of people that were total strangers to them. These soldiers were literally thrust into the unknown.

The army then monitored the reaction. For every single person who took part in this research test, their heart rate shot up, their blood pressure spiked, there was an increase in dry mouth and in rapid shallow breathing. This is everything that is associated with a person who is stressed and reacting to the stress.

The psychiatrists were looking for those soldiers who could psychologically and physically return to a normal state after the initial shock. They felt that these soldiers would be the ones to lead.

They found that the best soldiers were able to do this. These soldiers took the impact of the initial shock of the fear and they were able to quickly reorient themselves to a state where they took advantage of the adrenaline that was pumping through their bodies. They were able to take advantage of the heightened state of awareness that fear can bring.

When I think about turning fear into power, I think that fear is power –

and it really depends on how we use it.

There are so many people who crumble under fear and these people become fear's servant. They become a slave to the fear. Fear can act like a ball and chain or a straight jacket on your life if you let it.

Take the fear, recognize it. Understand that it's not an absence of fear but a *heightened level of courage* that lets you go ahead and move forward.

Overcoming the Fear

I ask myself questions on a regular basis. I have questions that relate to different areas of my personal and business life. I have what I call question banks. I collect questions from other people, from watching movies and from reading books.



Following are two different levels of questions.

Three specific steps you can use right now to start turning your fear into power.

This is not an intellectual process that you need to go through. What you want to do is make sure you go to a feeling level and understand what the question is really asking.

The next thing you need to do is make sure that you give a very detailed response. If you don't get the right response and the right answer to these questions, then the second level questions and the steps that you're going to take will be meaningless. Begin to face your fears with these first level questions.

1. What are the three things that I've been procrastinating and what is this procrastination actually costing me?



Here's an example from my own life. If I was procrastinating on creating a certain product, I would ask myself what it was costing me.

- It would be costing me the revenue I would make from the product.
- It would also be costing me the reputation for not putting it out.
- I would not be allowing myself to be who I really am, which is to contribute value to other people.
- In not helping people, it would cost me emotionally because I understand the impact that my work has on people.

As you can see from this example, procrastinating does have a cost. So when you answer this question, go deep and make sure you fully realize what your procrastination is costing you. You can expand and ask yourself what it's going to cost you tomorrow, in a week, in a month, in a year.

2. What excuses keep me stuck?

Ask yourself what excuses you are using to keep you stuck. Sometimes people like to point their finger at external barriers, but the truth of the matter is they choose to be stuck. What excuses are keeping you stuck?

3. What am I afraid of and why am I afraid of it?

4. What is stressing me?

Your fear could also be creating stress. You might find that you are stressing over things that haven't even happened and things that might not even happen.

You could be stressed today about future events or you could be stressed about things that happening in the past. You can't go back in time and change it so why stress about it.

5. What negative or limiting thoughts or feelings keep jumping into my head or body?

What are the negative things?

These could be things that keep you thinking other people are talking negatively about you.

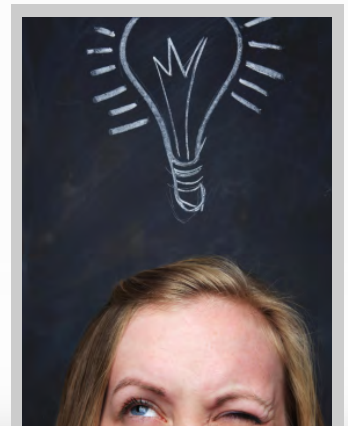
It could be something that you want to do but you don't think it will work. It could be that you're thinking it's not going to work because of something in the past and now you have a fear about it.

You should be able to see how all this is starting to come together and by asking these individual questions, you were able to become aware of some of your fears.

Powerfully Thinking

These next questions are level two questions. These questions help you find a solution...turn your fear into power.

Take a look at the answers that you have listed for the level one questions. What are the problems that you need to get a solution for?



What are the things you are procrastinating about? What are the excuses you are using? What are you afraid of? Which of these things do you need a solution to immediately. Look at your list of answers and ask yourself:

1. What key choices am I ready to make right now?

Take a look at your list and see what choices you're ready to make right now.

Every single thing you do is based on a decision and you're the sum of all the decisions and choices that you've made. If you want to be in a better place tomorrow, then you need to make decisions and choices to get you there.



You have the power to redirect where it is you're going. In order to get to where you ultimately want to be, start making decisions and choices that will benefit you.

Sometimes you might be afraid to make choices or decisions because you don't know certain information. You might have an absence of knowledge or an absence of understanding. If this is the case then you need to ask yourself these questions:

2. What areas do I want to get more understanding in?

3. What areas do I want to develop more wisdom in?

Once you know the answers to these questions then you can move on the next group of questions.

4. How can I be more productive and effective?

5. What are the areas of my life that I want to recommit to?

You might want to choose three areas of your life that you want to recommit to. It could be a fitness program that you started, spending more time with your family or starting that business that you keep dreaming about.

You started all these things but then you gave yourself excuses as to why they wouldn't work. Once you have identified three areas the next question that you need to ask is:

6. Where do I need to clarify my stand or my position?

You might find that you need to make your stand or position clear to clients, customers, partners, family, friends or even yourself.

By asking all these questions you move from what I call a positive *thinking to powerfully thinking*. That is why this sequence of questions is really important.

It will take you from a place of trying to think positive to a place of powerfully thinking. This is a completely different place to be in. You will find that you will be able to move and succeed much faster when you come from a place of powerfully thinking and not just a place of positive thinking.

There are some additional questions that you can ask yourself too:

What can I do to increase the balance in my life?



There are often times when you may find yourself stressed because you don't have the proper balance in your life. You allow yourself to become overly burdened with certain areas of your life. In many cases though, the imbalance is something that you're doing to yourself mentally and you need to look at that.

What value is the most important that you want to start expressing right now?

When it comes to values, you may have a lot of different things that you value and they may vary in your business and family life. One of my values is contribution. I value being able to contribute to people and this is one of the reasons that I travel around the world. I commit to doing this because I understand that I'm here to show people how to get more of everything they want to have in life.

Find out what your main value is right now, the one you feel you need to express. This should be something that is very important to you.

Three Steps To Turning Fear Into Power

Now when you have all the answers to the questions, you'll have three things you can do.

The first step is to deepen your understanding of the circumstances of the situation. You need to deepen your understanding of what fear really is, the things that stress you, the things you're procrastinating about and what it is going to cost you.

You will need to spend some time thinking about these things to get a deeper understanding of the circumstances and the situations around the excuses that you are giving yourself. All your procrastinating is depriving you of what you really want.

After this you'll also want to connect with other people. The reason for this is because you want to connect and consult with smart people to get a different perspective on your situation.

If you have been trying to handle everything yourself and it's not working, then you need to drop your ego, put your pride aside and consult with other people for the help you need. They could be coaches, facilitators, teachers or consultants.

It doesn't matter whether it is your personal life, your family life, your business life, your physical life or your spiritual life. You need to make sure you allow yourself to connect with somebody that is smarter than you.

There is nothing wrong with having people smarter

than you because you can learn from them. Everyone has a different perspective and this can open up new spaces for you to move into. You will be able to get a new understanding and even a paradigm shift and be able to get the answers you need to move forward.

The last step is to make the adjustments and adapt so you can handle your fears, procrastination and excuses. This is done after you have had that deeper understanding and after you have consulted with people to get that new perspective and answers.

The following worksheet will help you answer all the questions and turn your fear into power.

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If You Are Sick And Tired Of Struggling To Make A Living, This Internet Millionaire Will Personaly Hand You Everthing You Need To Start Making Real Money On The Right Away

The economy is still in a shambles and experts warn the worst is yet to come. The government bailed at the banks and the auto companies but no one bailed out the little guy...except for one Internet marketer.



He's been featured on major television news programs and speaks to packed houses around the world. He preaches a very unique message...

This Is The Best Time To Get Rich

This may be the toughest time in history to get a job. Homeowners are forced to walk away from their homes in the face of foreclosure. And the commercial real estate market is about to go down the toilet as well. Yet for many, life has never been better.

You see there is one sector of the economy that gets stronger every year. It's doing business on the Internet. And it seems everyone – from the big players to 80-year-old grandmothers – is getting in on the action. It seems the Internet has never heard the word recession.

Amazon.com was started in someone's garage. Today, it rakes in \$19,000,000,000 a year – that's

19 BILLION dollars. Stephen Pierce is people, it seems so daunting. That's why Stephen Pierce's **MRMI Super Cash System** has been so popular worldwide.

Live The Life Of Your Dreams!

YES! You come home to automated cash each day.

YES! You can go on a vacation whenever you want.

YES! You can work from home or from any location in the world with an Internet connection (even the beach).

YES! You can pay off any lingering debt that is eating away at your life.

YES! You can drive a new car every year for the rest of your life.

YES! Your Internet business can become your own personal ATM machine.

YES! You will be free of your J.O.B. and bosses that drive you crazy.

YES! You can do this in just 60 minutes a day.

NO! This is not a job.

NO! You don't have to have any experience at all.

NO! It won't take you months (or even weeks) to get started.

Super Cash Success Stories

Stephen is a popular motivational speaker and knows what to say to get people to take action. That's why his system is getting great results like these:

"I made more money than I thought I would in 11 months simply selling a \$29.95 information product on the Internet working from home. By following Stephen's teachings, I have been able to retire my wife, travel with the family, and enjoy the good life." – **Greg Cesar**

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Claim Your \$4,276 Internet Income System Today for Just \$1 And You Get:

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- 12 Ready-To-Earn Google Cash Creators. Just add traffic and Google will send you a check every month. Nothing could be easier.
- ...And much more!

Stephen believes in the power of the Make Real Money On The Internet In 7 Steps Super Cash System so much that's he's letting you claim his entire \$4,276 Internet Income System today for ONLY \$1.

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ONLY \$1

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How To Turn Fear Into Power Worksheet

Taking into consideration fear in your life and how to turn it into power, consider the questions that follow:

1. What are the three main things that you are procrastinating about?

2. What are these things costing you?

3. What excuses are you making to keep yourself stuck?



How To Turn Fear Into Power Worksheet

Taking into consideration fear in your life and how to turn it into power, consider the questions that follow:

4. What are you afraid of and why?

5. What negative or limiting thoughts keep jumping into your head?

6. What key choices are you ready to make right now?



How To Turn Fear Into Power Worksheet

Taking into consideration fear in your life and how to turn it into power, consider the questions that follow:

7. What areas do you need more understanding in?

8. How can you be more productive and effective?

9. What areas of your life do you want to recommit to?



How To Turn Fear Into Power Worksheet

Taking into consideration fear in your life and how to turn it into power, consider the questions that follow:

10. Where do you need to clarify your position?

11. What can you do to create balance in your life?

12. What value is the most important to you that you would like to start expressing now?

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