

# **ACHIEVING YOUR DREAMS WITHOUT FEAR**

**A SIMPLE GUIDE TO LIVING  
THE LIFE YOU DESERVE**

**QUICK START GUIDE**



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**A**re your fears stopping you from pursuing the life of your dreams? They could be, even if you don't realize it!

***Reflect on the following questions to determine the real reason you're holding yourself back from great success:***

1. Is the current global recession causing me worry and stress?
2. Does something stop me every time I get close to one of my goals?
3. Do I feel fearful, stressed out, or anxious?
4. Am I uneasy about changes in my life?
5. Do I find myself imagining negative scenarios and "what ifs" when I start new projects?
6. Am I suffering from a lack of confidence?

If you answered yes to any of questions, then fears may very well be limiting you in your quest for success.

***How can you achieve your dreams without the limitations of fear?***

This course will show you how. Inside, you'll find an valuable book full of ***specific action tips*** to turn your fears into an unstoppable force for success, ***a worksheet to guide you*** in self-reflection about your fears, and a ***checklist that will keep you on your toes*** so you will take action every day to realize your dreams.

Take the time to study the action tips, implement them, and complete the worksheet and checklist.

By following the tips, techniques, and strategies in this course, you will be able to discover your fears, face them fearlessly, and overcome them!

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### **How To Use This Package**

In order for you to get the full benefit from this fear-busting course, first read or listen to the book. Determine which action steps will work the best for you, and then take action to implement them into your daily life. Nothing happens until you take action!

After you've read the book, use the worksheet and checklist to reinforce your new skills and knowledge. All of the tips and tricks in these handouts are explained in detail inside the book.

It is our hope that you achieve the dreams you desire. When you build your confidence, success will follow!