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5. How will you *feel* once you have taken the leap of faith, passed through your terror barriers/success hurdles and you are now living your present fantasy goal?

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6. Where will you be and how will you *feel* if you do **not** go through the terror barrier/success hurdle and you do not achieve your fantasy goal?

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7. Will you be in that 3% of the population that goes through the terror barrier using the leap of faith and understanding of the terror barrier and unlock the inner potential that lies within you?

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*“Faith is to believe what you do not see; the reward of this faith is to see what you believe”*

- Saint Augustine

# Fear Barrier – Cheat Sheet

## Cheat Sheet to Smashing Fear Barrier:

- Knowledge. Understanding the process of what fear is and how it affects you, how your body moves into a chaotic XY vibration until the mind adapts, so you must take that fear and run with it, knowing you can limit its effects by using faith, focus and gratitude. Study of Napoleon Hills top 3 Fears, what they are and how to overcome them. You have the knowledge and understanding to overcome these barriers, so go out and smash them!
- Leap of Faith. Sometimes you just don't know how it will go, so you have 2 choices, you can choose fear and letting it hold you back, or you can choose faith to visualise the best-case scenario. You can also use visualise to experience your fears and then use it to know how to deal with it if it happens. For example, I was always worried about my mind going blank or running out of things to say in my seminars, so when I visualised this, I knew I could go to the notes I put down on my slide and say to them, "I just want to check my notes here because I'm want to make sure I have included everything here for you so you can take it away and apply it". This would mitigate my fears and help me conqueror them.
- Support Network. You have the community here for support, to express your fears and help you overcome them. You have me as your mentor to guide you through these Fear Barriers, to offer you words of encouragement and to keep you on the path to success by helping you triumph over your fears. I'm here for you so don't be afraid to reach out.
- Focus on others and not yourself. It is in our service to others that our spirit truly soars. When we switch our focus from ourselves and our fears, to what can I do to help others, who can I help with this product/service or how can this contribute to benefit my friends, family community or humanity, then your fears will start to shrink and you will be filled with the energy that comes with the Sense of Increase. You are helping to remove suffering or providing joy, happiness, laughs or even entertainment. Focus on just one person you can help, then you will be doing it for something or someone greater than yourself. That will give you the power to keep moving forward.