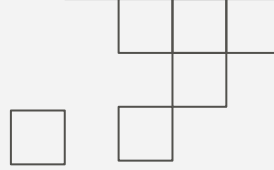
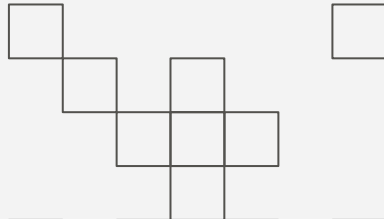
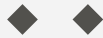
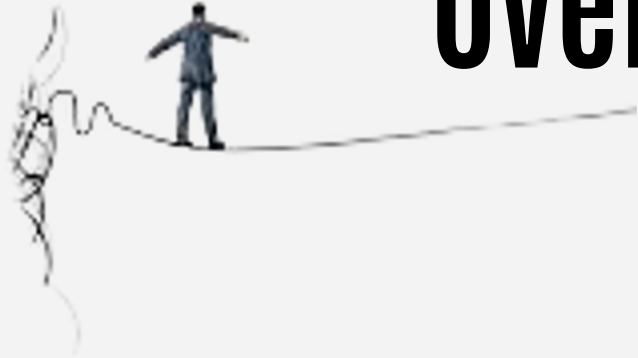


Overcoming Fears

Beau Brannan





Reset

- Separate courage from conditions
- Courage attached to fear/conditions
 - Bank account being dry
 - Relationship status and overall well-being
 - Low courage = low performance
- Your courage is under your control
 - “Keep it up”
 - Feeding your fears





Recognizing Change

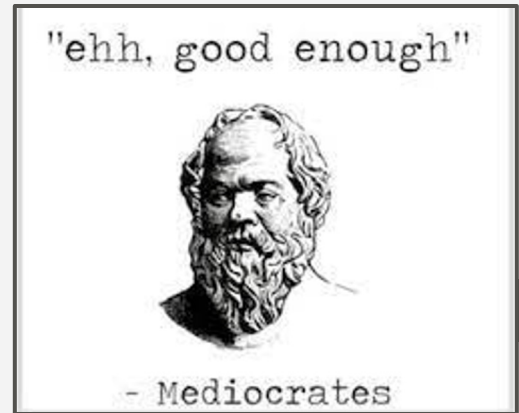
- Fix your focus
 - We ask for the storm
 - Tip: your fear is powered by your focus
- Focusing on the next right move
 - PRO step
- Aruba steam room experience
 - Hang around people who benefit you





Addressing the Problem

- Addressing problems help you face them
 - People quit because they tend to compare
- Being honest with yourself
- Using negativity to drive you actions
 - Acceptance
- Biggest thing is the mediocrities
 - Surround yourself with people that make you feel great





Precautions to be Aware of

- We don't want to challenge our weaknesses
- Being the best against the average person
- People living a mediocre life
- “How do you stay hungry all the time?”
- What are you doing today, tomorrow, and the next day to face your fears?
 - The other end

