

Battle Plan To Eliminate Fear In Your Life – Personal Development 101

Battle Plan To Eliminate Fear In Your Life – Personal Development 101 – Presented by Krystal Comber



After my last video, what did you find is holding you back ...what is your fear(s)?

what are you good at?

What do you enjoy doing?

What lifestyle do you want to live?

and be realistic... it's amazing what realistic can be, but you must stay committed to your plan

Take baby steps and watch your dynasty grow slowly over time

SO...

I want to you take that fear that resides inside of you. For example...I struggled for a long time after I was in a serious car wreck. I had to relearn life...down to walking, talking, making food, etc... I became afraid...something I had never experienced before. This fear was – what will people think? If I do this, or that, or reach for these goals, or dress like this, eat like that...and so on. I used to let it control my life. It made me sad, overwhelmed, depressed, obsessive ... and

when I finally said enough is enough...I started a daily ritual in my life of setting an alarm to go off every day... the Name of the alarm was Don't care what anyone thinks about you...PERIOD!

I would get out of bed and walk to the bathroom...Every mirror that I passed, I said "I don't care what ANYONE thinks about me" – I was taught through my rehabilitation that putting sticky notes everywhere with things I needed to remember, or things to get done written on them... I used this method as well and the sticky notes said – Be Yourself... no matter what... who cares what people think?! I DON'T!

and you know what happened over the next six months? I didn't care anymore... I was more relaxed, open, not afraid of going in public... when someone looked at me weird or said something to me I simply smiled and nodded... I saw things transform more and more over time and it continued to fulfill me every day.

So here is what I want you to do... start with your fears – write them down, use the sticky note method, the alarm method and the mirror method for whatever it is that is holding you back... Make these daily rituals and let's begin your transformation!

If you liked this video please hit the thumbs up button and subscribe and share!

I will be back with more great videos to help you transform in your personal development growth

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Creating & Implementing Daily Goals In Your Life – Personal Development 101

Today I am going to talk about creating and implementing daily goals in your everyday life. Once you start to practice and implement these techniques in your every day life, you will begin to see your life transforming and feel accomplished at the end of each day. The first few months will require writing down your daily goals in a calendar, on sticky notes, in a journal or whatever works best for you!

Some ideas for this include:

1. Set alarms on your handy mobile device (Google Calendar works great as well)
2. Share your goals with others to help remind you and keep you staying focused
3. Wall calendar or one that you take with you each day
4. Dry erase board

After the continuation of practicing and sticking with your goals, they will begin to occur naturally, without needing the reminder (but I still suggest writing them down until they are a natural habit).

Examples Of Daily Goals

1. To Dos
2. Cleaning
3. Meditation
4. Prayer
5. Writing

6. Working out
7. Branching out to someone new (simply say Hi to a stranger)
8. Paying a bill
9. Bank deposit
10. Grocery list
11. Cooking meals
12. Helping others (walking an elderly individual across the street, giving spare change to someone in need, helping someone carry their groceries)
13. Do things for your loved ones (Even if you don't drink coffee, make them some before they wake up, leave a note that you love them and hope they have a wonderful day, send a text that you are thinking about them or a funny meme, notes of wisdom or inspiration, a hug...etc)

Doing these things will not only help you to feel accomplished, they will also spread positive energy to others, essentially creating a ripple effect out to more and more people.

So start practicing, implementing and watch your life slowly transform over time!

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Overcoming FEAR and Creating Lasting Success Personal Development 101 with Krystal Comber

Don't Let FEAR Take Control Of Your Life – Personal Development 101 – Presented by Krystal Comber

Why is it that so many of us don't take control of our lives, work toward our goals and simply TAKE ACTION? Everyone out there has a purpose, you know it deep down in the depths of your soul. Whether it be a new business venture, hobby, interest in a person (romantic or platonic), losing weight, quitting smoking, eating healthy, taking vitamins, starting that daily routine you have always claimed you would do, but never did...the list goes on.

When you think about New Year's Resolutions what comes to mind? Have you ever set a New Year's resolution in the past? Did you succeed or fail miserably? In today's economy, we hear a lot of "When I start my...", "Tomorrow I will...", "After my birthday I will...", "As soon as I find a buddy to do it with me, I will...". I can't begin to explain how many times I hear that on a daily basis.

Stop putting a date out there and just DO IT!

Procrastination is unfortunately one of the biggest results of

fear and we all experience it at times...some more than others. Procrastination is also the result of little to no success in our lives. If you want to see results, then start jumping out of your comfort zone and create a battle plan to work toward your goals, one day at a time.

Success does not occur over night. That is a common misconception that so many fail to realize. They think that if they decide to start a business, that they will immediately see the money coming in. Think again! Yes, there are success stories of individuals where instant success occurred but this should not be expected. If it happens then good for you, but what we need to prepare for is seeing results slowly form overtime and know that there is light at the end of the tunnel. Keep this in mind...the more focused, prepared and committed you are...the higher results and quicker success you will see.

Let me give you a couple examples

Business – An individual decides to start a farming business. They buy the equipment and hire the employees that they will need. The next week they see no results. Why is this? Because they didn't follow through further. After the two steps they took, they should've created a battle plan...The overall layout of the farm, the best location for each crop, areas that have sunlight vs no sunlight, irrigation system locations, green house areas vs outdoor open, promotion tactics, reaching out to other businesses and potential customers, etc. It takes time, hard work and a clear goal set in mind.

Fame – An individual decides to create a YouTube channel only on the thought that they want to be famous and make money. They don't know they want to be famous for, but they watched a video on a success story of an 8 year old that became famous very quickly and now benefits from a solid income based on ads from the videos. They go to YouTube and create a channel, setup the monetization settings, google webmasters, create a

quick blog, upload a few videos and then don't understand why they didn't become successful over their first week.

Why?!

My question to this individual would be "Why did you create this blog?" It all truly starts with Why, no matter how you look at it. If your only goal is fame and fortune, then you are missing a very essential point to the meaning of success.

Why is this individual seeking fame and fortune? To provide for their family? To live a life with no financial worry? To feel like they have a purpose..a meaning?

What is it that they can provide to viewers out there that will keep them loyal fans? A laugh every day? A trade or information on how to do something? Inspirational stories to make the viewers feel uplifted, as if they can conquer the world?

We must know why we do the things that we do. We must have a clear focus and mindset to be able to achieve the goals we set in place. Don't be vague when coming up with these things.

Think about what it is and why you want the things you want.

Once you figure that out, start simple and grow big! If you stay consistent and dedicated, you WILL see results form and ultimately the success you crave.

Where Do I Start?

I would like you to partake in a simple activity in finding out your why, what your purpose is, why you have been putting it off, and what you can do start your transformation in the right direction.

1. What do you desire most in life?

1. Financial freedom, security, love, happiness...

2. What do you enjoy doing?

1. Sports, helping others, computer work, reading/researching, watching movies, playing video games, artwork, crafts...
3. What are you good at?
 1. Are there certain activities or topics that others are always seeking your advice on?
4. In what areas of your life are you unhappy or unsatisfied currently?
 1. Job, family, finances, love...
5. What do you see yourself doing in 5-10 years?
 1. What does your life look like at that time, who is a part of it, how are you making a living...?
6. How can you begin to alter your life into a more productive and fulfilling way?
7. What have you said you would do but didn't?
8. Any New Year's resolutions gone bad?
 1. Why?
9. What is it that makes you procrastinate on specific topics?
10. What are you going to do NOW...TODAY... to begin addressing these topics and working toward your goals?

I'd like you to take the time to sit and answer these questions. Really think about them and answer them honestly. We will be revisiting them in our next Personal Development Lesson to help you begin to conquer your fear and start generating results and success in your life.

My next Personal Development 101 Lesson will be on *Creating Battle Plans* and how to attack from every angle.

Cheers to success!

– Krystal Comber

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