Conquer Fear!
Four-Week Tele-Seminar

Break Through Limitations of Fear and Self-limiting Beliefs to Achieve What You Really Want!

Presented by:
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Name:

Date:

Message from Lisa Jimenez

Dear Colleague,

Welcome to the Conquer Fear! Tele-Seminar. You are about to embark on a fascinating journey of self-discovery. You will learn how to eliminate hidden fears and self-limiting beliefs to help you break through your comfort zone and achieve what you really want and live a life you love!

What I want you to know more than anything else is this: If you experience fear - you are normal! In all the interviews I did for my book, "Conquer Fear!" I heard story after story about how all people experience fear. The names would change. The circumstances were different. But the stories of fear were the same. All successful people have fear. Fear is human. (In the tele-seminar, you will actually learn when fear can be helpful.)

The difference between a mediocre success and a breakthrough success is your willingness to deal with your *hidden* fears and learn how to manage them!

The power in this tele-seminar comes from blending the two disciplines of psychology and spirituality. By blending the head and heart aspects of motivation, you will master the strongest combination of handling rejection and conquering your fear… forever!

I congratulate you in taking the first step in exposing, dealing with, and eliminating the fears that hold you back. I look forward to being your coach and helping you create a more outrageous, faith-filled life!

Warmly,

Lisa!

Lisa Jimenez. M.Ed.

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Week One:

Overcome Hidden Fears That Hold You Back

What Keeps You From Living Your Dreams?

Truth: One of the biggest barriers that all people have to overcome is fear.

Fear can be a gift that was instilled in you as a means of protection and a way to bring you closer to God.

Inborn fears:

- Falling
- Loud noises
- Abandonment

Truth: Freedom comes from knowing the difference between reacting instinctively to your fear (out of habit) verses acting with your intellect and walking through your fear.

FEAR OF:

- Change
- Making decisions
- Responsibility
- Commitment
- Rejection
- Conflict

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Truth: The difference between mediocre success and a breakthrough success is your willingness to face and deal with hidden fear.

What fears hidden or known, are affecting your behavior and keeping you from living your dreams?

1.
2.
3.

The Two Major Fears:

- Fear of Failure
- Fear of Success

Your hidden fears are being broadcast in your behaviors. Your everyday habits – what you do daily – shout hidden fears and the limiting beliefs they represent.

Most common self-sabotage behaviors:

- Procrastination
- Losing a phone number
- Being habitually late
- Misplacing an important file

- Attracting drama

- Having too much clutter

Make a list of your top three everyday habits that broadcast your hidden fears (sabotage behavior):

1.

2.

3.

Four Innate Human Needs:

- Attention
- More Excitement
- Control
- Solitude

Truth: If your needs are not met on a healthy basis, you will get them met on an unhealthy basis. This is called self-sabotage.

Homework:

Make a 1% extra effort in the following areas:

Habits of Neatness:

Organization:

Clutter:

Creating Vacancy:

Thoughts:

Words:

Innate Needs:

- Attention
- More Excitement
- Control
- Solitude

Week Two:

Shatter Self-Limiting Beliefs

Tell the Truth

Write down all the connotations (positive or negative) you have to the word:

"Millionaire"

1. 4.
2. 5.
3. 6.

"Salesperson"

1. 4.
2. 5.
3. 6.

"_____"

1. 4.
2. 5.
3. 6.

Truth: Your belief system is the driving force behind your behaviors and your results.

Replace Limiting Beliefs

Old Belief: *"There's never enough time."*

New Belief: _____

Old Belief: *"I work better under pressure."*

New Belief: _____

Old Belief: *"If I say no, people won't like me."*

New Belief: _____

Old Belief: "*Anything worth doing is worth doing perfectly."*

New Belief: _____

Old Belief: *"Successful people are always busy."*

New Belief: _____

My list of empowering beliefs:

1.

2.

3.

4.

5.

Truth: You currently have in your life exactly what you expect you should have.

"Change Your Beliefs — and You Change Your Behaviors;

Change Your Behaviors — and You Change Your Results;

Change Your Results — and You Change Your Life!"

Truth: The only thing you have complete control over is your thoughts and your beliefs.

Make the Commitment to Success!

I, _____, make a promise of commitment

that I will think on these positive beliefs and let these truths retrain my

mind and heart.

Date:_____

Homework:

Evaluate your belief system further. Continue to replace ever self-limiting belief.

Write your obituary from God or from a person who means the most to you. What do you want said about you? What do you want to be remembered for?

Snap your wrist with a rubber band, stand up, take a deep breath every time one of your self-limiting thoughts comes to mind – and recite your empowering belief at once.

Write your empowering beliefs on index cards and post them all over.

Create a personal belief about yourself and your life. Recite it twice a day.

Week Three:

Cultivate Your Faith

Cultivate Your Faith – in your God-given talents, your purpose, others, and your opportunity

God-Given Talents:

List **7** one-word positives that best describe you:

1.	6.
2.	7.
3.	*8.
4.	*9.
5.	*10.

Your Courageous Account!
Write down your most outrageous, risk-taking acts:

Truth: You were born with an innate ability to risk. Risk-taking is in your very nature!

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Cultivate Your Faith – in your God-given talents, your purpose, others, and your opportunity

Your Purpose:

What childhood games did you play?

Truth: Your childhood play is very reflective to your purpose.

Who do you admire?

Make a list of people (alive or deceased) who you admire:

1.
2.
3.

List the characteristics of these people that you most admire:

1.
2.
3.
4.

Truth: The character qualities you respect in others is very reflective to the qualities you innately want to cultivate.

Cultivate Your Faith – in your God-given talents, your purpose, others, and your opportunity

Others:

Truth: You have all you need to make your life work!

List ten people who you need to interview or study who have successful at what you want to do:

1. 6.
2. 7.
3. 8.
4. 9.
5. 10.

List names of people or organizations who are in a position to help you:

Hire a Coach!

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Cultivate Your Faith – in your God-given talents, your purpose, others, and your opportunity

Your Opportunity:

The Facts about Direct Sales:

- Is an $87 Billion Dollar a year industry
- Started in 1956
- Over 14 million people are doing it
- Reproduced by corporate companies
- Spends 40 cents of every dollar…
- Exponential Wealth
- A Vehicle to Manifest Your Dreams

Truth: The traditional retail business spends 7 cents on every dollar on developing and training people. Network Marketing spends 40 cents on every dollar developing and training their people.

List all of the *ultimate* benefits of your business:

Benefits:	Ultimate Benefits:

Homework:

Think on your most outrageous, courageous account. Replay that picture in your mind twice a day.

Make a list of your most desired qualities. Evaluate yourself at the end of each day.

Ask three people who are close to you what they see are your greatest strengths.

List three “habits” you choose to eliminate from your life.
Which one are you willing to work on today?

Week Four:

Create a Success Mind-Set

Know What You Really Want!

Truth: To attract success-minded people, you must be a success-minded person.

What is success to you?

What time do you get up in the morning?
What time do you go to bed?
How many hours do you work a day? What are those hours?
Who do you spend time with?
What are your hobbies?
How do you dress on a daily basis?
How many times do you work out a week?
How much reading do you do?
How many vacations do you take every year?
Where are the destinations?
What clubs do you belong to?
What events do you hold season tickets to?
What kind of car do you drive?
Where do you live?
How many homes do you have?
How often do you spend time with the people you love the most?
How often do you eat out? Cook at home?
Who do you hire to assist you in your responsibilities?
Who are your favorite charities?

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One of My Dreams is: _____

Craft a compelling vision for that dream using all of your five senses. Use as many colorful adjectives as you can!

What would it look like, smell like, sound like, feel like, and taste like?

- Sense of Sight:

- Sense of Smell:

- Sense of Hearing:

- Sense of Touch:

- Sense of Taste:

Use this area to draw pictures or write words that depict this dream:

Create a mini-movie (a 30-second trailer of success).

Break this compelling vision down into smaller achievements – steps of success.

Truth: The only difference between having a dream and living out the dream is action; and the most powerful way to ensure consistent action is to craft a compelling vision.

How many hours are you willing to trade daily to achieve this goal? _____

My Accountability Partner Plan!

Notes:

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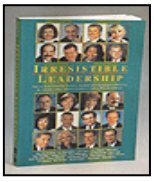

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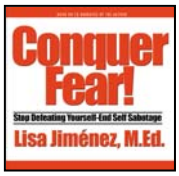

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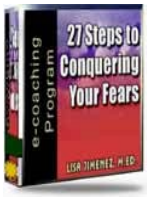

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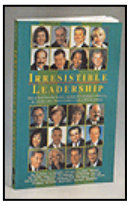

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