

10 Tips for Overcoming Fear and Taking Action To Achieve Your Dreams

1. **In addition to being a self-starter, become a self-completer by accumulating needed items and knowledge up front and asking for help and support when necessary.**
2. **Rather than allowing the word "but" to stop you from attempting new ideas, let it be a trigger for positive action.**
3. **Make a list of 5 benefits of achieving your dreams and 5 consequences of NOT achieving them; then make a plan to move forward.**
4. **Brainstorm with others who have expertise and experience in any dream you're considering.**
5. **Begin with small goals, especially if you've never formally set goals before. Don't try to leap too high with one jump.**
6. **Don't allow procrastination to stop you. Set goals and assign deadlines to increase the urgency to accomplish them.**
7. **Write down past "coincidences"; review them to see if they've sparked positive events, which will give you perspective and confidence to trust what happens and react positively in the future.**
8. **Avoid chain-reactions of depressive behavior; when you begin to do the wrong things, stop and take positive action.**
9. **Reduce or eliminate contact with negative people in your life.**
10. **Tell others your dreams; let them support and help you.**

National speaker, singer and author Sandy Geroux helps others achieve breakthrough performance through her educational and entertaining keynotes and training programs on effective risk-taking, planning, goal-setting & achievement, sales and customer service. To book Sandy to speak at your next event, or for more information about her books and other resources, please visit her website at www.sandygeroux.com or e-mail her at sandyg@sandygeroux.com.

