

The Wall of Doubt and Fear

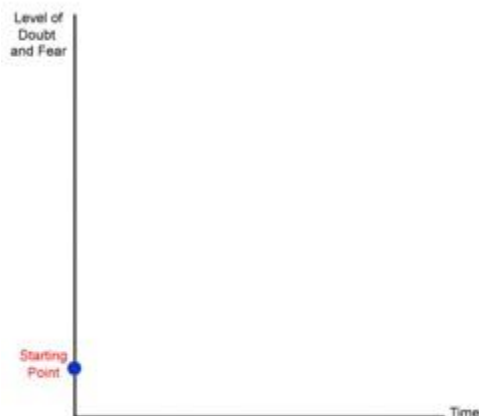
There is a wall that separates each of us from our most important goals in life. The strange thing about this wall is that it is a barrier which we create for ourselves.



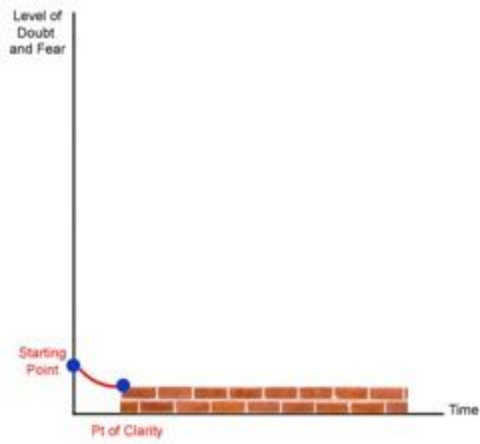
We construct this wall in our minds using bricks of doubt and fear.

Let's take a look at how this wall is created:

When you set a new goal, it is natural to have a small amount of doubt about your ability to achieve your objective.

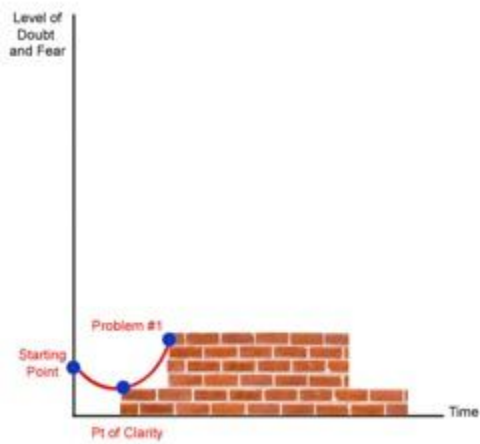


Initially as you start to work on your goal, you get a boost of self confidence because you are taking action and your level of doubt decreases. However, after you've worked on your goal for a little while, you come to the **Point of Clarity**.

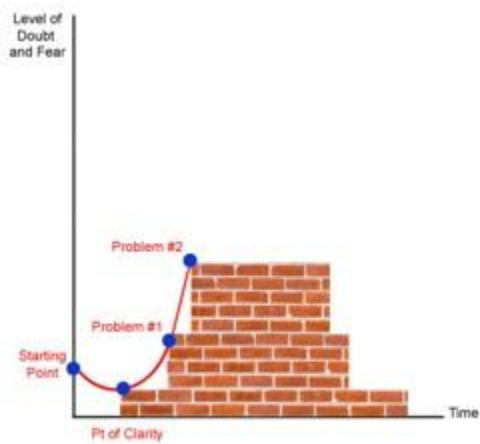


The Point of Clarity is the point at which you first fully understand how much work and effort is actually involved with achieving your goal. It is usually at this point that the bricks of doubt and fear start to build.

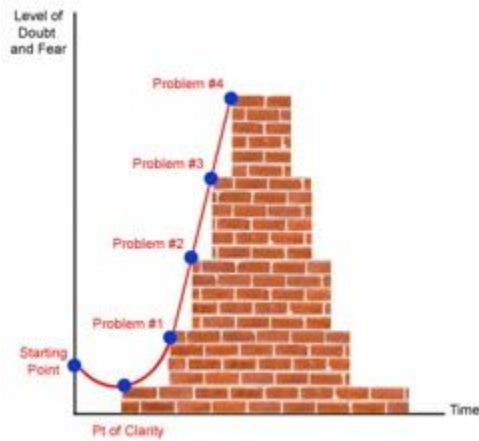
The next thing that happens is that you encounter a significant problem and immediately your doubts and fears increase which adds to number of bricks in your wall.



You then become aware of another problem:



And then problems seem to come at you from every direction



With each problem you encounter, your doubts and fears increase. You start thinking things like:

“I’m not smart enough to do this”

“I’m not capable of doing this”

“I don’t have what it takes to achieve this”

“I’m too old for this”

“I’m too young for this”

etc.

If you ever catch yourself saying things like this, it’s important to remember that

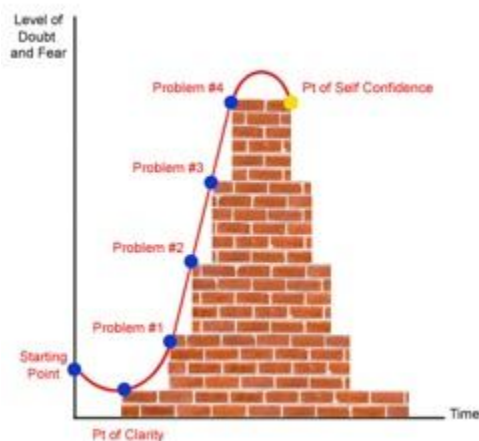
“When you doubt your power, you give power to your doubts.” – Author Unknown

Unfortunately, many people give so much power to their doubts that the wall in their mind becomes insurmountable and they walk away from their dream.

However, something truly remarkable happens to the small group of people who continue to meet these problems head on and persevere in the face of adversity.

Eventually they come to realize that facing and solving these problems is an important part of the process of achieving their goal. With experience they also realize that they ARE capable of meeting and overcoming these challenges.

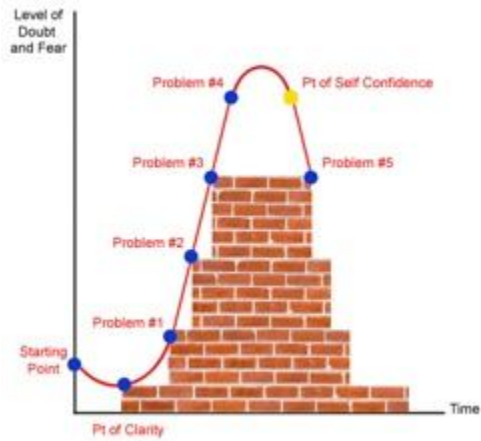
With this realization, they cross over to the **Point of Self-Confidence**



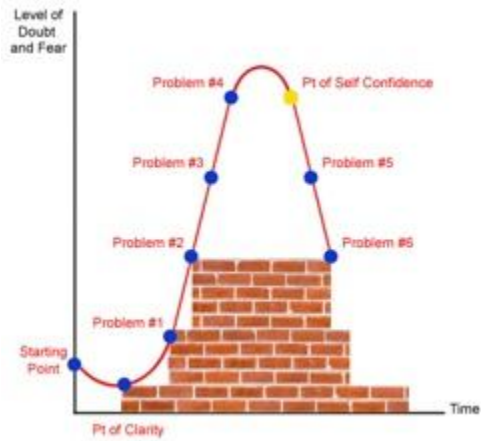
Once you reach the Point of Self Confidence, everything changes.

You continue to face problems, but now each problem you solve makes you more confident in your

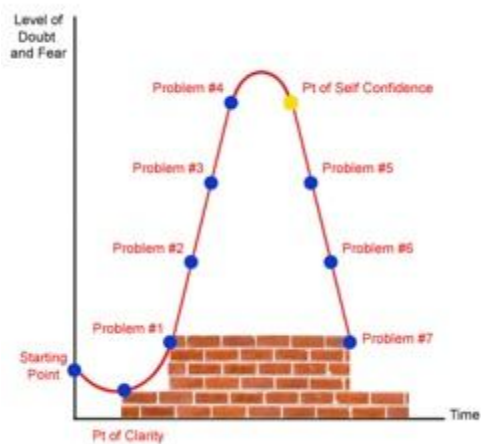
ability and you begin to eliminate the bricks of doubt and fear from your mind. You solve a problem and remove a layer of bricks



Then you solve another problem



Each time you solve a problem your remove another layer of doubt and fear.



Finally you solve the last problem that stands between you and your goal – Your self confidence soars and the final bricks of doubt and fear disappear.



You then look back to find that the wall of doubt and fear is gone – In fact it never really existed at all.

So today I'd like to encourage you to never give in to the doubts and fears that stop most people from achieving their goals. Always remember that the wall that stands between you and your objective only exists in your own mind.

Instead of walking away from your dream, focus on solving one problem at a time. As you gain experience, your self confidence will grow and the wall of doubt and fear will gradually disappear.

Until next time,
Dare To Dream!