



Faith: Staring Down Fear

QUOTE: *"Faith gives you the courage, calmness and confidence to reveal the authentic you."*

~Lisa Mininni

Have you ever had a situation where you knew, in your gut, you were on the right path but doubt, hesitation, and procrastination set in? Perhaps you weren't crystal clear about which step to take but this path, perhaps a new path, was revealing itself, but you played with hesitation instead of full out?

While getting my business started years ago, I remember that time. It's what I call "The Cloud of Ambiguity." I wanted the safety and security of what I knew and hesitated stepping toward what I didn't know. For many business owners they hesitate because they seek safety and security but because they are playing with hesitation, they don't see the results – because what's happening on the outside is a direct reflection of what is happening on the inside. Hesitation will always delay results.

For me, it was a difficult heading toward something I didn't know. If you've been on my mailing list for a while, you know that it took a wake up call in the form of a tire iron to get going. For me, it was a question of learning and stretching beyond my comfort zone, investing in myself to learn about those belief systems, and creating leverage in my business through a new business model and new marketing systems. I teach this heavy duty stuff in my Entrepreneurial Edge System 3-Day Intensive Workshop coming up on March 18-20. (Sign up for a free teleseminar series to learn more at <http://www.freebusinessplanformat.com/freeteleseries>.)

What I needed to learn was to have faith even in the Cloud of Ambiguity and to take risks outside my comfort zone. Faith during any transition takes on a certain meaning that is unique to each person. If you know and believe that there is a reason you may not see at the moment, but know that you are where you are for a reason, then this faith allows you to let go of old behaviors, thoughts and limitations, and embrace new possibilities.

The second definition in Webster's Dictionary of faith is: "belief that does not rest on logical proof or material evidence." Successful entrepreneurs often walked in this faith. They didn't always do what was convenient, they did whatever it took to make it happen. They walked in faith and took action. To finance Apple Computers (which started out in a garage), co-Founders Steve Jobs sold his car and Steve Wozniak sold his programmable calculator raising \$1,300. Weeks later, Jobs secured the company's first sale and in six years, Apple was listed in the Fortune 500 companies, becoming the youngest firm on the prestigious list.



Consider these steps when walking in faith.

1. **Forthrightness.** Be direct with yourself. In uncertain times, you may want to avoid starting something new because of limitations you set for yourself. Instead of buying into the belief systems of “I have no money, time or don’t want to travel” Think, instead, of what you are investing in and what you could gain. I’m not suggesting you walk in denial, but be direct with yourself about your current reality and what you need to do to change it.
2. **Acceptance.** Accept yourself and where you are at this moment. There are reasons why you experience each event. Faith is accepting that everything, including who you are, develops in its perfect order. Acceptance is also about opportunities. When you are presented with opportunities, it is important that if you find a solution to a problem to embrace it and say “yes!” not turn away in fear because it is a bit outside of your comfort zone.
3. **Insight.** Insight involves clarity. You align yourself with faith when you have clarity in your vision for your future. Clarity of purpose comes when you have forthrightness to identify your innate talents and strengths, accept yourself and others, and develop a clear understanding of your purpose.
4. **Trust.** Trust involves conviction that everything is consistently aligning and evolving. Do you remember how you felt the first time you got your training wheels off of your bike? You didn’t trust that you could ride that bike and not fall. Transition is like getting your training wheels off of your bike. You don’t trust that which you know and may have fear with those things that are unclear or undefined. Everything seems different yet everything you have experienced has prepared you for this very moment and you are being given an opportunity to move ahead.
5. **Honesty.** While in transition, you’ll hear or see messages that guide you. It is important for you to be honest with yourself. People diagnosed with cancer often say that they don’t want anyone to know they have it. (I’m also speaking from experience because when I had Non-Hodkins Lymphoma over 17 years ago, I thought the same thing.) I didn’t want anyone to know because I didn’t want anyone feeling sorry for me. I realized that my keeping that inside, I wasn’t being truly honest. I eventually shared it with others and I learned to ask for help. Honesty is about the strength within to make the changes, hear the messages, and accept the learning.

It was later that I realized that by sharing my experiences, it would inspire others. By not sharing, I was not giving others an opportunity to learn from my experiences. So the next time you feel the fear: take one step towards it and stare it down. Have faith that you are here for a reason and move with purposeful action so you can continue serving others that will have a similar journey.

