

# Fear of Failure

FEAR of Failure? YUP

FEAR of What will people think of me? YUP

FEAR of hearing NO? YUP

YUP, ALL THESE FEARS ARE REAL and they are there and it will take a ton of personal development in sooooo many areas for us to get better at not letting them bother us! I know you have these fears, I had them too, but here is the thing...

WHAT IF?

What if I let those fears paralyze me these last 4 years?

1. YOU would ALL not be here, YUP think about that. TEAM PASSION would not have been born.
2. Mark and I wouldn't have gone from living LESS than paycheck to paycheck to now living the life of our dreams. We wouldn't be making 5 figures in 1 week and just a year away or 2 from being Millionaires (making \$1 million per year)
3. We, as a team, would not have helped THOUSANDS of people lose weight
4. We wouldn't have a TEAM OF STAY AT HOME MOM'S living out the lives of their dreams or on their way
5. MANY of you wouldn't have found yourselves again thru the power of personal development
6. We wouldn't have met top coaches, top trainers, top corporate people
7. We wouldn't be in private mentorship with Chalene Johnson OMG....I could go on and on and this is starting to TEAR ME UP and actually PISS me off because I know the potential you all have and it is the potential for ALL OF THE ABOVE to happen

Your friends/family will either get on board or NOT, but who the F\*\*\* CARES!!!!!! You are going to realize that people who you think are friends are NOT!!! You are going to realize that THEY are the ones with insecurity issues. They make fun of you because THEY ARE INSECURE. They are uneducated in what we do and have at our finger tips or aren't really willing to listen to become educated. (SO that is their problem)

\*\*\*\*RIGHT NOW, RIGHT HERE....VOW to yourself that you will do WHATEVER IT TAKES to make your dreams come true. and do you know what that looks like? Here it is.....Do the 3 Vital Behaviors, EVERYDAY NO MATTER WHAT. SERIOUSLY that is ALL I DO TEAM!!! That is all I have done since 8/2/2010 when this crazy journey began Yes, I may now have added adding systems to the team and leadership items to my to do list, BUT that didn't happen till recently!

TAKE the time today and JOURNAL about your feelings and your fears and change the sentences a bit from: "I am afraid of what people will think" TO "I don't care what other people will think or I am NOT afraid of what other people will think"

CHANGE those fears into I CAN'S and get to work TODAY IS SATURDAY 6/21/14 and it is time to get to work on your future and making your dreams come true! MANY OF US ARE going to the TOP either way, so you decide if you are coming with us!

\*\*Journal entry 6/21/14 will read something like....\*\*"I am a freaking rockstar. I am bigger and better than my fears. My fears are what is going to cause me FAILURE which is what I need to succeed. I will live the life of my dreams because I FREAKING DESERVE IT! I love Shakeology and Beachbody and believe in this company with so much passion that I would not be making a smart decision if I didn't stop making excuses and start taking action and getting SHIT DONE! I got this. I am a FREAKING ROCKSTAR and my family and I deserve Way better than what I have been able to do so far. As of today 6/21/14, I will DO WHATEVER IT TAKES EVERYDAY to do the 3 vital behaviors. I will share with my family what i am doing so they know not to get frustrated with me during my work hours, that I won't be able to play with them during that hour but that I promise them it will be all worth it"

TEAM PASSION, we are team of many that have gone from being "broken" in some sort of capacity at some point of our lives to being "AMAZING" and BELIEVING in ourselves!

BELIEF, CONSISTENCY, PERSISTENCY are the 3 most powerful words that will ensure NEXT year at this time your life looks VASTLY different than last year! What will you accomplish by 6/21/2015? WRITE IT, REPEAT IT, and BELIEVE IT!!!! I love you all and I believe in you all and with support, love, and taking action, WE TOTALLY GOT THIS!