

HOW to

B

BOLD

by Tess Marshall

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Let go of Fear

“When you can’t choose between two evenly balanced courses of action to take, choose the bolder.” ~ W.J. Slim



“Let us be bold. Let us be brave. Let us be together.” ~ Brad Henry

Everyone struggles with fear.

It is healthy to admit when you are afraid, worried, or anxious. To do so requires strength.

You will never get rid of fear.

If you are alive you have fear. You have two choices. You can deny your fear and fail to take action. Or you can face it and do what it takes to dissolve it.

One choice brings misery. The other brings happiness. It's that simple.

I grew up on an 88 acre produce farm with nine siblings. We were required to begin working in the fields when we were five years old. We worked in both good and bad weather, before and after school, and on Sundays and holidays.

We worked nine months a year.

On the days we weren't planting, weeding, watering or harvesting, our fruits and vegetables, we were at the Farmers Market selling it.

My siblings and I would be dropped off with two trucks of produce at 5:30 a.m. We were told it needed to be sold by 6 p.m. when my father picked us up.

We did what we were told, **we succeeded.**

When I was very young, some customers frightened me. I would help them but not say much. Over time, it became easier and I learned how to be friendly, make jokes and have fun.

My siblings and I became very skilled. It wouldn't be unusual to find us in charge, in the fields or at the market by the age of 13.

We day dreamed of running away and finding jobs where we got paid by the hour. We weren't happy with our small allowance.

It wasn't until I was married and on my own, that I realized how many rewards I reaped from life on the farm.

I learned how to grow food and to love nature and all of its glory.

I learned how to show up, problem solve, and work as part of a team. I knew how to keep repeat customers satisfied.

The biggest gift was that I learned how to work hard, overcome fear and do what was required.

With this knowledge, I started my first successful business when I was 18 years old. I've always been an entrepreneur.

Don't delay your dreams

“Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose.” ~ Steve Jobs

Remember our time here is limited, our days are numbered. We are not immortal.

It's time to let go of our fears and seize the day. It's time to take responsibility and live full-out. Nobody is coming to rescue you.

Go out, take focused action, be busy.

“Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy.

~ Eleanor Roosevelt

Develop courage by taking action. Dare to make a difference and use your talent and gifts to make the world a better place.

Things will go wrong. So what. You'll make mistakes. So what. You will be rejected. So what. Keep going, ask for help, find support, and be willing to do what it takes.

Enjoy life

“Security is mostly a superstition. It does not exist in nature...Life is either a daring adventure or nothing.” ~ Helen Keller

Don't miss your chance to live life with overflowing joy and wild adventure. Have fun, travel, and be spontaneous. It doesn't have to be expensive.

My daughter Kristy was born without a right hand. She participates in marathons and triathlons.

Turn your fear into excitement. There is no excuse to sit on the sidelines of life. Do what brings you joy.

Chase your fears.

“Not to dream more boldly may turn out to be, in view of present realities, simply irresponsible.” ~ George Leonard

Safety is an illusion. Go after your fears like your dreams depend on them.

If you want to learn how to speak in public, join Toastmasters. If you fear flying, travel. If you fear making sales calls, put them first on your to-do list.

If you want something different, you have to do something different.

Expect to succeed. Replace doubt and fear with hard work, focus, and persistence.

Never give up.

“The darkest night is often the bridge to the brightest tomorrow.” ~ Jonathan Lockwood Huie

Life isn't easy and it isn't fair. Don't compare yourself to others. Resist whining and complaining.

Learn to take one day at a time.

Keep your eye on the prize. Concentrate on it. See it in your mind's eye. See it benefiting everyone. Give yourself a break but never give up.

Take a leap of faith.

"When I am afraid, I open my heart and let the love dissolve the fear."

~ Louise hay

Release fear and control and replace it with faith and trust. Learn to have faith and trust, in yourself, in others, and in the world. **Trust that you are being taken** care of and supported on the way to your dream.

The more you trust in the process of life, the more life will uphold you, guide you, and shower you with goodness. Be committed to expressing your greatness!

A Bold and Fearless Life

"Don't fear failure so much that you refuse to try new things. The saddest summary of life contains three descriptions: could have, might have, and should have." ~ Unknown



“Fail harder.” ~ Facebook headquarters

Too often, we allow fear, worry and doubt to dominate and define our lives. We allow them to steal our joy, our sleep, and our precious dreams.

I made up my mind, very young, that I would push forward no matter what.

I was 17 and pregnant when I married my boyfriend. We were young and foolish, and because our only plan was “love,” I gave birth to three more daughters by the age of 22. My last pregnancy was twins.

Kristy, one of the twins was born without a right hand. My biggest fear, at the time, wasn't how we would make it financially, but how would Kristy make it?

How would she hold a bottle or a swing? In a culture where we worship physical beauty, how would she adapt?

Kristy faced many struggles, but she was a fighter, and **she pushed back. Hard!**

She held her bottle with one hand. After she sucked it down, she would toss it, grab her sister's bottle, and drink bottle as well. She learned how to swing by putting the right chain in the crux of her elbow.

Her biggest struggles were in school, where she was teased, mocked, and bullied. It was painful to watch, but her sisters helped protect her.

She was determined to keep up with her sisters. She followed their lead and learned to play soccer and basketball in elementary school. She would go on to play sports for two years at the University of Chicago.

One of Kristy's biggest fears, was that boys wouldn't want to date her. She didn't date in high school. However, I don't think it was because of her physical challenge but because she challenge them in sports and would beat them, their egos were bruised!

Today Kristy is 35, she was married last month. I think Pete is a great match for her. He is strong, has a lot of energy and participates in marathons as well!

If you want to know happiness and realize your dreams, you have to be willing to **take a leap of faith despite being afraid.**

Too often, we hold back and play it safe, in order to avoid becoming successful, feeling embarrassed, looking silly, being hurt, and facing rejection or possible failure.

We cling to fear from our childhood, traumatic experiences, and the negative media, like Linus, from the cartoon strip, Peanuts, clings to his security blanket.

It's our responsibility to acknowledge, face, and dissolve our fear.

Are you willing to begin now, to dig for the courage to do all the things you were meant to do, but haven't yet begun? If the answer is yes read on!

The following tips will allow you to face fear and put it in its place.

Get comfortable with fear.

Invite fear into your life. When you fear something, move towards it. Feel it, and breathe through it.

Do the things that frighten you. Action builds courage. Tell yourself, “This fear will pass.” Your world expands as your courage expands.

Make your dominant thoughts positive.

Fearful thoughts attract more fear. Positive thoughts attract success. Instead of expecting the worst, train your mind to expect the best. Make positive assumptions about your future.

Give no time, attention or energy to fear.

Hold yourself accountable. Be consistent, be prepared, be dependable, and focus on solutions.

Be innovative, take the initiative, and go the extra mile. If you don't take action despite your fear, opportunity will pass you by.

Never dwell on scarcity.

Learn to think, speak, and live as an abundant person. Turn off the news. Celebrate what you have. Be generous.

Focus your attention on being ready, willing and prepared for the beauty, wonder, connections, good fortune, and favorable circumstances that are yours if you are willing to work and be open to it.

Revisit your victories.

Strengthen your belief in yourself by reflecting on the last three years of your life and every success you've experienced.

Close your eyes and feel the celebratory emotion of each one. Bring the same drive, persistence, and talent into now and allow it to inspire and motivate you.

Live vicariously through the victories of others.

Use the success stories of others. Read how the Brooklyn Bridge was built. Study the success of Steve Jobs, Walt Disney, Steven Spielberg, and Oprah Winfrey. Take note of the courage they developed and follow their path to greatness.

Ask your family and friends for encouragement.

My family can see my strength when I forget I have it. At my request, they don't hesitate to remind me of all trials and triumphs we have come through. They're generous with praise and encouragement. Ask your loved ones to do the same for you.

Create a support group of friends or colleagues.

Robert Folgrum said it best in his book, *All I Really Needed to Know I Learned in Kindergarten*, “When you go out into the world, it is best to hold hands and stick together.” Sticking together makes tough times easier and easier times more fun!

Plan to be great.

Step into your power and dream big. Follow it up with calculate risks and deliberate action steps. Have no doubt about your success. Your dreams are at stake here!

You have the power to do what it takes to break through any obstacles that stand in the way of yourself, your dreams, and your happiness.

A Life of Bold Dreams

*You have exactly one life in which to do everything
you'll ever do. Act accordingly” ~ Collin Wright*



“Why, I'd like nothing better than to achieve some bold adventure, worthy of our trip.” ~ Aristophanes

How many times do we promise ourselves to change, be better, do better, and then fail?

We promise ourselves we will skydive, learn Mandarin Chinese, find the love of our life, lose the weight or become self-employed. But we never seem to get around to it.

Who doesn't want to change, to grow, and to live life their way?

Yet too many of us fail to keep our promises.

There is only one thing that is standing between you and the promise you've made.

Fear.

Fear can be a trap, a prison, a story, or an illusion that torments and paralyzes you. It keeps you awake at night, and your happiness and dreams completely out of reach.

If you have indeed promised yourself change, I would like the opportunity to stand behind you, to root for you, and show you the way.

I want to help you with your bold, wild, and out-of-the-ball park vision and lifestyle.

One of the worst things we can do is **dare to dream big** and then hold ourselves hostage by clinging to our same old routine doubts, anxieties, and fears.

It's a wicked cycle that will keep you crazy-dizzy and spinning out of control like a rickety old Tilt-a-Whirl at the State Fair.

What's real about fear?

The only real aspects of fear are your annoying and uneasy feelings that escort your terror – the worry, anxiety, and irrational thinking.

The unpleasant physical symptoms of fear drain your energy – a sudden grab, a racing heart, your sweaty palms, shortness of breath and sleepless nights.

These feelings and symptoms are unbearable yet until the pain of staying stuck is greater than the pain it takes to grow forward, we suffer.

Our subconscious beliefs, our **addiction to safety**, and our past experience prevents us from taking the action needed to move out of our fear and into our greatness.

Read on for 10 tips for a bold and fearless life.

Don't believe your thoughts.

Drop your negative thinking and lack of faith in yourself or it will continue to snowball. Train your mind to create positive expectations. Learn to expect the best.

View life as a creative and wild adventure.

Life can be brimming with easy times of beauty and light or overflowing with hard times of dark and difficulty. Choose to stay present through it all. Appreciate the varied landscape and enjoy the ride.

Do it for your love of others.

Who else in your life is missing out because of your fear of moving forward? Make a list of the people who will benefit from your success. Stay strong for them. Imagine telling them the “good news” in advance – I got the job, I made a difference, I wrote my book, we’re going on vacation!

Let go of the outcome.

We often think we know what is best for us. We forget we can’t see the whole picture. Do what is yours to do and do it well. Like blowing a dandelion in the wind, let the rest go and remain open to infinite possibilities.

Be authentic.

In a world where everyone is trying to be someone else, be brave enough to be you. Nobody else has your thumb print, heart print, or soul print. Nobody else can do your part. Revel in your uniqueness. Transparency is magnetic.

Create space for gratitude.

Begin your day by filling your mind with appreciation. Focus on the love you have to give and the love you can receive. Become aware of open hearts, open minds, and an unlimited life. This is energy well spent.

Build positive images of the past.

Increase your faith and courage by remembering all of your past successes. Take note of your strengths and determination. Apply the same traits to your present dream. Build positive pictures of future success in your mind.

Argue for a positive outcome.

Make a list of your fears. Next, prove each fear wrong. If you think you can't, write down all of the reasons why you actually can. Remind yourself of your written proof when your heart is pounding and your palms are sweating.

Be comfortable with the uncomfortable.

I don't know anyone who enjoys being afraid. We want to deny it, run from it, and ignore it. As a professional speaker, I'm nervous for the first several minutes. To get through it, I memorize the first ten minutes of the speech. Learn to get through the things you fear.

Don't take it personally.

What someone else does is about them. How you react is about you. This is perhaps the most difficult step to learn. When your request is ignored or turned down, move on. Rejection isn't an excuse for failure.

As you face your fears and increase your freedom and happiness by allowing your dreams to become a reality, the good life is inevitable.

Gutsy, Risk-taking Glory

"Weather you believe you can, or you can't, you're right."

~Henry Ford



“I choose bold. I choose action. I choose what's right for the people. I choose to make a difference.” ~ Bill Richardson

Fear is an illusion that we buy into and believe in, simultaneously forgetting about our strengths, brilliance, and resilience.

We give fear so much power that we forfeit our dreams to avoid the emotional pain of rejection, criticism, embarrassment, and other external circumstances beyond our control.

Most of our fears aren't justified or rational. For example, my daughter Kara is a flight attendant. I don't fear for her safety because I can't justify it. It's been proven that air travel is safer than cars.

Another one of my daughter's texts and drives. I do fear for her safety, it is a rational fear because it's dangerous. I've talked to her about it and I pray for her. I let my fear go because she is an adult. It's her problem. **I can't justify holding on to my fear.**

What stands between you and the life that you want are your fears. Fear of rejection, looking stupid, living alone, or going broke, are common fears that you can learn to rise above.

Read the following tips on how to overcome fear and live the life you deserve.

Do something brand new.

Be a beginner. Be open to the different and the difficult. Push yourself. Follow someone's lead. Ask questions. Try. Fail. Try again. Fail again. Succeed.

Focus on what needs to be done.

Take small calculated steps to get to your end goal. Don't give your fear attention or energy. Let it die a slow death. Build your courage muscles one action step at a time.

Let go of what you don't want and visualize what you do.

Stop running negative images in your mind of bad things happening. Create the image of the outcome you want and dwell on it. Work towards it. Each time you feel fearful replace it with your image of success.

Take your fear to the gym.

When you are stuck in fear and feel paralyzed by negativity, get active. Lift weights, run, or walk off your fear. Move physically. Motivate yourself with a play list of positive songs

Use affirmations and quotes.

I write down positive quotes and affirmations on index cards and put them in my car, bathroom, bedroom and kitchen. It only takes a few minutes to see things differently and change my calm my emotions.

Release attack thoughts and negativity.

We project our own negativity and fear when we get caught up in drama and become envious of the success of others. Somebody else's success has nothing to do with yours.

Focus on taking action on your own behalf. *Choose to be happy for people who get what you want.* Learn to say and mean, "Good for them."

Change your perception and change your story.

Stop doubting yourself. Become aware of the stories you tell yourself about your self-worth, intelligence, strengths, and possibilities. Own your greatness. Create stories that resonate with the beautiful person you are. No one else can do it for you.

Create new expectations.

Expect to succeed. Tell yourself things are going well. *Know* that people *want* to help you. Spin new stories about the future. You have a choice. You can expect the best or the worst. Why wouldn't you choose the best?

Replace fear with fun.

Fear can lead to a work addiction. When you lack balance in your life it shows up in your relationships, business, and health. Carve out time to laugh and play. Get away from all electronics and get your fun meter running. Dance, hike, begin a new hobby, and laugh as often as possible.

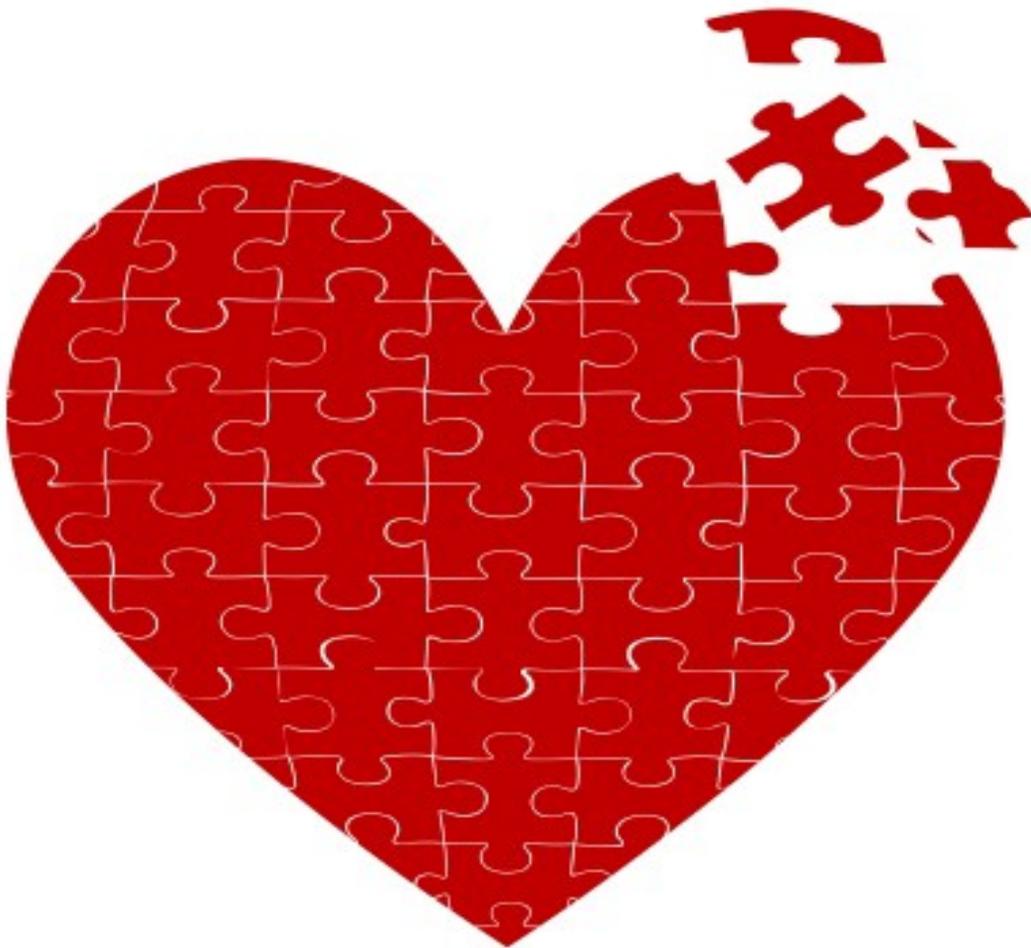
The alternative to facing your fears is that your fears will control you. Don't miss out on opportunities. Don't cheat the people who will benefit from your gifts.

Live is meant to be lived out loud and in joy. This is your time. This is you life. **Live it with gutsy, risk-taking, glory.**

Release the Biggest Fear of All

“Let us be bold. Let us be brave. Let us be together.”

~Brad Henry



“Stand upright, speak thy thoughts, declare the truth thou hast, that all may share; Be bold, proclaim it everywhere: They only live who dare.” ~ Voltaire

One of the biggest fears everyone has is not being loved, as we are and for whom we are. We thrive on love. We would die without it.

I think when we consistently put ourselves in a state of love or when we become love, love will find us.

We are either in a fearful state or a loving state at all times. These are the only two emotions. All other emotions are derivatives of love or fear.

When I am depressed, sad, and angry or hurt, I am living in fear. If I am feeling joy, peace, appreciation or happiness, I am living in a state of love.

I would suggest that if you want to receive more love it's a good idea to “be” more loving.

This doesn't mean that a loving partner will come into your life. That may be dependent upon your soul's plan for this lifetime.

When we are immersed in love, we are living our true purpose. We are healed and as we heal we help heal the world.

- If we want love, we need to be more giving.
- If we want love, we need to open our hearts to receive.

- If we want love, we need to be more loving.

Become the love that you seek and love will surround you, enfold you, protect you, and heal you.

The following statements will help you **recognize which state you're in, love or fear.**

- My fearful self envies you. My loving self is amazed by you.
- My fearful self condemns you. My loving self blesses you.
- My fearful self attacks you. My loving self forgives you.
- My fearful self believes that I'm inadequate.
- My loving self knows that I am enough.
- My fearful self wants it all. My loving self has all it needs.
- My fearful self says stay busy. My loving self says sit still.
- My fearful self is hungry. My loving self is full.
- My fearful self is unhappy. My loving self knows joy.
- My fearful self sees separation. My loving self sees unity.
- My fearful self is selfish. My loving self is kind.
- My fearful self is judgmental. My loving self is accepting.
- My fearful self sees the negative. My loving self sees the positive.

- My fearful self is desperate. My loving self is content.
- My fearful self wants to whine. My loving self wants to praise.
- My fearful self wants to condemn you. My loving self want to raise you up.
- My fearful has an agenda. My loving self has a mission.
- My fearful self wears a mask. My loving self is transparent.
- My fearful self keeps score. My loving self keeps peace.
- My fearful self lives in darkness. My loving self becomes the light.
- My fearful self is in the future. My loving self is savoring now.
- My fearful self shuts down. My loving self opens up.
- My fearful self is an expert. My loving self is doesn't know.
- My fearful self is unworthy. My loving self is delightful.
- My fearful self is complicated. My loving self is simple.
- My fearful self fears the future. My loving self expects the best.

Each moment is an opportunity to choose love over fear. When we make the wrong choice, we can choose again.

If you want to give and receive more love. Give up your fear. Your happiness and freedom depend on it.

The Moment to Be Bold Is Now

“Whatever you can do or dream you can, begin it. Boldness has genius, power, and magic in it. Begin it now!” ~ Goethe



*“Somebody should tell us...right at the start of our lives...that we are dying.
Then we might live to the limit, every minute of every day. Do it! I say.
Whatever you want to do, do it now! There are only so many tomorrows.”*

~ Michael Landon

You don't have to wait for a new year, a divorce, a retreat, a seminar, an illness or a disaster to create a new beginning. **We always have the option of choosing a fresh start in the present moment.**

We always have the option to choose again, to begin again. Now is the best time to move through your fear.

Don't delay the opportunity to act, take a risk, change your behavior or let go of the outdated beliefs and fears that are stealing your energy and crippling your life.

Stop justifying your lack of success with excuses like, “Life's too hard. The economy is terrible. There is too much competition.”

Begin now.

In this moment, you can refresh your mind, your dream, and your life with prosperous ideas and a new reality.

In this moment, you can shift your perception and respond differently to people and situations.

In this moment, you can learn from your mistakes, look for the lesson, and welcome the option to grow in wisdom from what arises.

In this moment, you can reduce your fear by asking yourself, “What’s the worst that could happen if I fail?” and “How would I deal with it?” Anything less will be easier to handle.

In this moment, you can find a mentor, a therapist or a coach, a person to help you with a different perspective, a new height, a fresh vision, and a grand plan.

In this moment, you can claim your worthiness, own your beauty and use your gifts and talents. Strip away the old and allow the magnificent to emerge.

In this moment, you can let go of a bad habit, commit, persist, and take baby steps into a magnificent future.

In this moment, you can give in ways that you have never given before. Give a smile, a hug, a compliment or do a kind act for the difficult person in your life.

In this moment, you can tap into your genius, be more creative, rise above the old ways and become a visionary.

In this moment, you can believe in prosperity, live your truth, and adopt the new currency of community and love.

In this moment, you can find reason to be happy, breathe it in, and take it into your day.

In this moment, you can wake up and get ready for something different and recognize that your old patterns and ways of being no longer work.

In this moment, you can let go of your fear of the unknown, the pain of the past, you’re your worry about the future.

In this moment, you can choose serenity, calmness, peace and focused action. You can repeat this throughout the day.

In this moment, you can choose to live in a state of gratitude and celebrate the beautiful people in your world.

In this moment, you can acknowledge yourself for your past success and be thankful in advance for your future abundance.

In this moment, you can recognize love, release fear, and be at peace.

In this moment you can be bold and courageous and do something that has never been done before.

There is no place more powerful than the beauty and the safety of the present moment.

What Bold People Know

“Not to dream more boldly may turn out to be, in view of present realities, simply irresponsible.” ~ George Leonard



“I do wish to run, to seize this greatest time in all the history of man to be alive, to stuff my senses with it, to eye it, touch it, listen to it, smell it, taste it, and hope that others will run with me, pursuing and pursued by ideas.” ~ Ray Bradbury

Bold people think differently, speak differently, and do things differently. Think about Steve Jobs, Walt Disney, and Henry David Thoreau. They lived in an unimaginable realm.

And Nelson Mandela, he not only survived, he made up his mind to thrive. In 1963 he was sentenced to a life time in prison for sabotage and other charges. After being imprisoned for 27 years he went on to become President of South Africa.

Read on for tips on bold people.

Bold people spend time with people who contribute to their sense of well-being.

Let your toxic relationships go, every one of them. Stop holding yourself back!

Fill up your time and space with people who want to support you, those who can give you what you need. Then return the favor.

Bold people keep on giving.

Put down your score card. Drop your expectations. Be generous anyway. Give without wanting something in return.

Help others succeed. Just when you feel like pulling back do the opposite. Give more. You'll never regret it.

Bold people drop their need for approval.

Focus on your actions rather than the reactions others have towards you.

Life is too short to please everyone. So what if someone doesn't like you. So what if someone says, "No." So what if you get rejected. Next..."

Bold people make things happen.

For the next five days do something that you've never done before, something you feel is *impossible*.

Make the dreaded phone call. Ask for what you need. Go after what you want. Change a habit. Attend AA. Create something new. Tell someone that you love them. Make someone laugh.

Bold people expect good things to happen.

Condition your mind to be a bold and positive. Jump to amazing conclusions. *We are programmed by the media to expect the worst.*

Do the opposite. What if everything works out great? What if I get the job? What if I get another chance? Learn to expect the best. Keep the big picture in mind. That's what counts.

Bold people love to talk.

Get over your fear of new people. This week connect with three strangers in person, everyday. In your favorite coffee shop, the grocery store or the gas station, say hello, smile, begin with small talk.

Soon you'll get good at it. People are lonely and isolated. Be outrageous, daring, and loving.

Bold people have a clear vision of the future.

Expect to succeed. Replace doubt and fear with hard work and a clear outcome. Don't be afraid of detours.

Stuff happens and you might have to change your direction. It's all part of the journey. Be flexible and remain open.

Bold people learn from others.

Find a mentor. Hire a coach. Watch people who are good at what they do. Attend conferences, webinars, or teleseminars. Learn, learn, learn.

Reflect on courageous people, their stories and quotes. Allow them to inspire you. Bold people think, speak, and do things differently.

Bold people celebrate success.

Reflect over your past year and make a list of your successes, big and small. Be encouraged by your list. Condition your mind to be brave. Think brave thoughts and take bold action. Reward yourself.

Keep moving forward with your plan to make a difference and do great things.

Bold people come from a place of love and connection. When they don't they correct themselves and start again.

About [the Bold Life](#) Blog

I offer practical guidance on personal and spiritual development, embracing fear, living your dreams, and living authentically with love and connection.

My personal stories, profound lessons, and uplifting quotes provoke thoughtful self-examination and inspiration for bold living, delivered free twice a month.

My life experiences and work as a counselor and coach combined with my intuition has led to much wisdom.

I share it openly with you. Subscribe to <http://theboldlife.com> via reader or via email and stay connected!

Become a fan on Facebook and follow me on Twitter to stay connected and share the love!

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Flying by the Seat of My Soul

Peace, Love and Connection

Take Your Fear and Shove It

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