

THE VIRUS:

FEAR ANTIDOTE

Act in Sprite of Fear

THE TINY BOOKLET
BY MYRON BERNARD

TAKING ACTION

Introduction

- ✓ Massive action is vital to our success, well-being and state of mind
- ✓ Massive action is the term used for taking conscious and deliberate steps to reach our goal
- ✓ Massive action is an ongoing process of taking steps to turn your dreams into a reality

Benefits of Taking Action

- ✓ **The obvious benefit** of taking action is that you actually reach your goals
- ✓ **Grow as an individual**--taking action leads to learning new things and meeting new people
- ✓ **Awareness of opportunity develops**--along with the new learning experiences
- ✓ **Reach your full potential**--all humans have amazing potential
- ✓ **Change your mind set**--a limiting and negative mindset holds so many people back
- ✓ **Take responsibility for your life**--with this new outlook on life, you make the choice to take control of your destiny
- ✓ **Be happier**--who wouldn't be happier when they are taking control of their life

Common Pitfalls While Taking Action

- ✓ **Fear**—The fear of failure, of success, of making a fool out of themselves
- ✓ **Take ineffectual action**--a lot of people believe that they are always working towards their goal, but really, they are busy, but not productive
- ✓ **Perfectionism**--what looks like a positive personality trait of always wanting to do our very best can actually be our worst enemy
- ✓ **Give away power**--some people wait for someone else to take the first step before they will
- ✓ **Plan without doing**--there are those people who get as far as making a massive action plan, but fail to ever get beyond the planning
- ✓ **Make excuses**--we all know people who have brilliant ideas, but only make excuses as to why they never break out
- ✓ **Negative mindset**--we all have that little voice in our head that likes to pop up and tell us all the reasons why our plan for reaching our goal won't work

Steps to Overcome Fear of Taking Action

- ✓ Put your fear into perspective
- ✓ Just do it
- ✓ Continue doing it
- ✓ Don't create self-doubt

Steps for Taking Massive Action

- ✓ Clarify your goal
- ✓ Decide your why
- ✓ Get prepared
- ✓ Fully commit
- ✓ Power up your desire
- ✓ Keep on keepin' on – In other words, don't stop!

Taking Action: Best Practices

- ✓ Kick fear to the curb
- ✓ Have a flexible plan
- ✓ Expect setbacks
- ✓ Don't make excuses
- ✓ Use your resources wisely
- ✓ Stay in the present
- ✓ Create accountability
- ✓ Focus on "How's" not the "Ifs"
- ✓ Don't Wait for the perfect storm
- ✓ Set a deadline
- ✓ Set a schedule for your actions

NOTES

Don't wait for the perfect storm.
Make it happen!

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