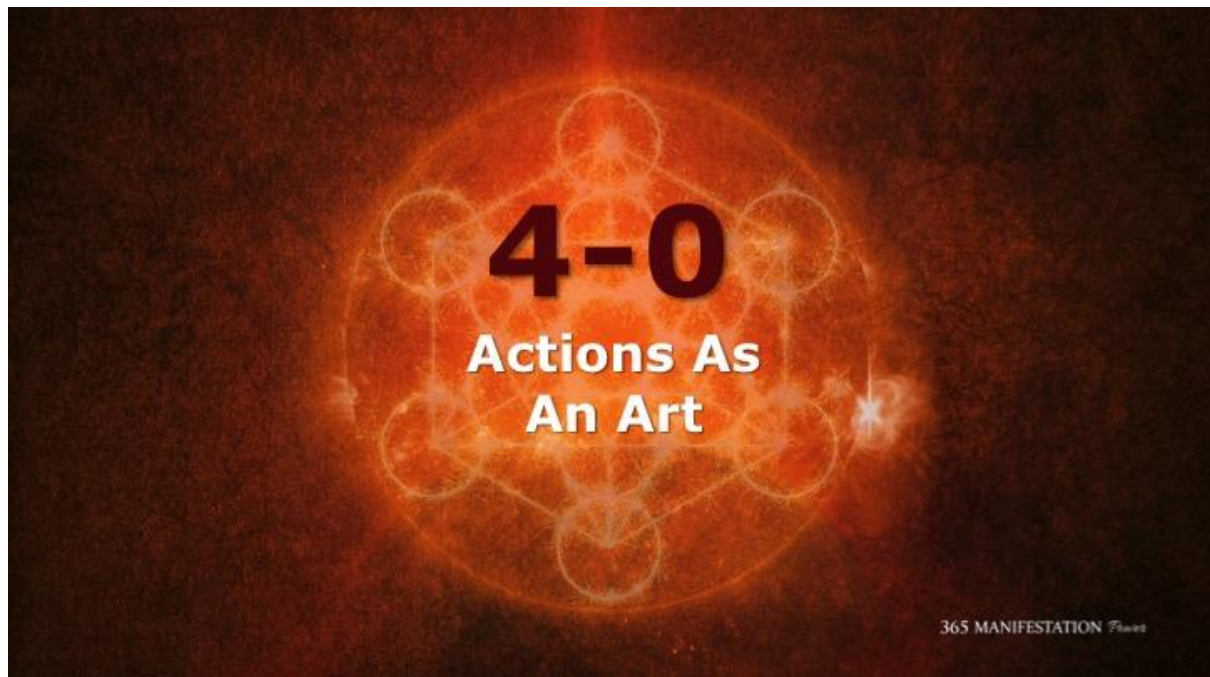


4-0 Actions As An Art



S1: Welcome back. In this module, you learn how to deal with all your fears and doubts in taking action and manifesting your dreams.

The Definition Of Action

- ▶ Taking action means to perform a deed, to do something and it applies to the results as well.
- ▶ Executing your plans and dreams is the most important aspect of your manifestation journey.
- ▶ Fear is experienced while we try to do meaningful tasks but do not worry as it is as natural as your dream.

365 MANIFESTATION *Fluent*

S2: What is the definition of Action? Taking action means to perform a deed, to do something and it applies to the results as well. An action is short term and continues to develop in a series of many small acts to form a single kind act.

Executing your plans and dreams is the most important aspect of your manifestation journey. Fear is experienced while we try to do meaningful tasks but do not worry as it is as natural as your dream.

Do Not Succumb To Fear

- ▶ Fear kills your dreams more than anything else will.
- ▶ It is a common reason why people fail to act or achieve something simply because it is learned and you are uncertain about the factors that might arise while taking action.
- ▶ Consider this fear the biggest challenge of your journey of manifestation.

365 MANIFESTATION Plans

S3: Fear kills your dreams more than anything else will. It is a common reason why people fail to act or achieve something simply because it is learned and you are uncertain about the factors that might arise while taking action.

Consider this fear the biggest challenge of your journey of manifestation. It has been regarded as the “greatest enemy of mankind”.

Do Not Succumb To Fear

- ▶ Successful renowned personalities including Winston Churchill and Franklin D. Roosevelt have written quotes on fear that depicts their grasp on this hindrance to throw this away out of the path of their success and lifelong fame.

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S4: Successful renowned personalities including Winston Churchill and Franklin D. Roosevelt have written quotes on fear that depicts their grasp on this hindrance to throw this away out of the path of their success and lifelong fame. They all have shown with words that you are afraid to act upon your dreams as well as the fear to think about how to tackle them for a successful life. This is not healthy!

Do Not Succumb To Fear

- ▶ No story of success is without perseverance and action. Just think, fear is not reality. How did you dare to dream if fear is rational?
- ▶ Truth is, you can unlearn the fear and relearn the courage by the same habit formation process we have been explaining since the start.

365 MANIFESTATION *Fluent*

S5: For instance,

“I’m waiting for someone or something to help or happen”

You are incapable of believing in your own power, confidence and self – esteem, or,

“I’m waiting for someone or something to help or happen”

You are incapable of believing in your own power, confidence and self esteem.

No story of success is without perseverance and action. Just think about it, fear is not reality. How did you dare to dream if fear is rational?

Imagine, what would you be like if you were not afraid of anything in this world? Truth is, you can unlearn the fear and relearn the courage by the same habit formation process we have been explaining since the start.

Do Not Succumb To Fear

- ▶ Ignoring ups and downs of life is impossible but dealing with fear is in your control.
- ▶ Lesson to learn here is to overcome fear.
- ▶ Fears that have been rooted since childhood when your loved ones say don't do that and you cannot do this.

365 MANIFESTATION *Fluent*

S6: Ignoring ups and downs of life is impossible but dealing with fear is in your control. Lesson to learn here is to overcome fear. Fears that have been rooted since childhood when your loved ones say don't do that and you cannot do this. Indirectly you learn instantly I can't and I will not.

Do Not Succumb To Fear

Ask these questions to resolve your predominant fear schemas:

1. What would I have to do to eliminate fear?
2. How would I set myself free of past and fears association?
3. What is feeding this fear?

365 MANIFESTATION *Journal*

S7: What you need to do is to realize, recognize, accept the fear you are facing and construct your courage. This is your central action. Ask these questions to resolve your predominant fear schemas:

- What would I have to do to eliminate fear?
- How would I set myself free of past and fears association?
- What is feeding this fear?

Overcoming Your Fears

- ▶ As Clement Stone stated beautifully "Thinking will not overcome fear, but action will".
- ▶ This is fact as fear is an abstract concept that has gained our attention to make its place and create doubt on the road to success.

365 MANIFESTATION *Fluent*

S8: Overcoming your fears.

As Clement Stone stated beautifully "Thinking will not overcome fear, but action will". This is fact as fear is an abstract concept that has gained our attention to make its place and create doubt on the road to success.

Usually, it is the results you are afraid of, not the action nor the plan. You have learned the unpleasant consequences of when things go wrong. From today, each time you feel fearful, turn the consequence into a pleasant imagination. Use all visualization as a tool to foresee a successful outcomes resulting of fear. What's more important is to focus more on the journey, than the results.

Overcoming Your Fears

► Two steps to overcome fear:

1. Just do it
2. Build your confidence

365 MANIFESTATION *Fluent*

S9: There are two major steps to overcome fear:

1. Just do it
2. Build your confidence

1. Just Do It

- The key is to just go with it and do not overthink.
- You come to realize that all of these fears are just made up in your head.

365 MANIFESTATION *Fluent*

S10: The first step is to just do it.

For instance, if you stand in front of an animal you don't like and you are asked to take them in hand, you probably fear the sense of touch and experiences

that you would perceive hence not acting on finishing task.

Another example is how about if you suddenly try something you were so afraid of trying, such as swimming. You don't know how to swim and have phobia but after few seconds of panic and shock, you start seeing that its all right and it is not harmful. So another approach that promotes action is the initiative without thinking and deciding to do something on a specific place, day and time. Nothing else is right.

The key is to just go with it and do not over think. You come to realize that all of these fears are just made up in your head.

2. Build Your Confidence

- ▶ Meet new people, seek social and moral support and enjoy the whole process.
- ▶ Yes, it can no doubt be scary at times, but you will turn out to be a better person in the end.
- ▶ Once you do something, letting go of your fears and visualizing success, your hard work pays off.

365 MANIFESTATION PLANS

S11: The second step is to build your confidence.

Meet new people, seek social and moral support and enjoy the whole process.

Yes, it can no doubt be scary at times, but you will turn out to be a better person in the end.

Once you do something, letting go of your fears and visualizing success, your hard work pays off. You have the skills to plan and the ability to act and handle

challenges, improving areas where you lack of but all of it is much more worthwhile than anything else to drive you to success.

Take Your Time

- ▶ Take your time to act out or take a pen to write down your experiences, intense negative emotions and erase the large segments of self-loathing or self-criticism into small chunks for a sigh of relief
- ▶ Just take your time out to manifest your own steps moving forward.

365 MANIFESTATION *Journal*

S12: Take your time to act out or take a pen to write down your experiences, intense negative emotions and erase the large segments of self-loathing or self-criticism into small chunks for a sigh of relief. Disposing off this burden makes you feel great about the outcome and aids the process.

Fear is loaded with procrastination, laziness and irrational thoughts, just take your time out to manifest your own steps moving forward, one next to the other and you are in front of the door of a success.

Take Action No Matter What

- ▶ Always remember you need to start taking action even though you are taking baby steps.
- ▶ Don't wait. After one step is completed, put forth next step and do the work.

365 MANIFESTATION Planner

S13: However, always remember you need to start taking action even though you are taking baby steps. Don't wait. After one step is completed, put forth next step and do the work. Be physically recharged and mentally healthy, take short breaks in short durations and set aside the mental obsessions regarding perfection, comparisons, fears and what ifs.

Open Up Yourself To Possibilities

- ▶ The emotion of fear is linked with unhappiness and stress and to keep them off you need to have unshakable self-confidence and courage to open the doors of a total new space filled with possibilities.
- ▶ It is relatable that "The only thing we have to fear is fear itself"

365 MANIFESTATION Planner

S14: The emotion of fear is linked with unhappiness and stress and to keep them off you need to have unshakable self-confidence and courage to open

the doors of a total new space filled with possibilities. It is relatable that “The only thing we have to fear is fear itself”