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TASTY TEMPTATIONS!
March Tasty Temptation Drink
Wild Wine Spritzer



7 Tips on How to Face
Your Fears



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NEWSLETTER



Be Fearless and Fabulous

“You were born with everything you need to be”

Everything you need is already inside you. Everything you want or desire in life can be yours, you have the capacity, the ability, the skills, and talents within you to achieve your dreams and goals. You were born with it. You simply need to set it free and believe in yourself. You only need to prove yourself worth to you. There will always be naysayers who tell you that you are less than, never give your power away. Eleanor Roosevelt said “No One can make you feel inferior without your consent”. Don’t let fear define who you are, fear of the unknown, so what if you fail, every successful person had failed more than once. The difference is that they blow it off and try again until they succeed. There are valuable lessons to be learned in failing. So... what’s stopping you? What’s holding you back? What are you afraid of?

Take out a piece of paper and over the next week contemplate and write down what fear means to you? What are you afraid of? Then go inside yourself for some introspection to determine the source of your fear. Is it someone or an incident from your past that made you feel insecure? Was it a past failure, was it someone in your life who told you that you were less than? Forget them, Forget the past, your future lies ahead, you are fearless and unstoppable. All fears are learned. Fear causes us to avoid risk and rejects opportunities when they present themselves. Fear sabotages our hopes and dreams for success. Fear paralyzes our ability to move forward, to take action. The only person that can stand in your way is you. You control your thoughts, you control your actions and reactions, your behavior.

7 Tips on How to Face Your Fears

Visualize yourself as unafraid - visualize your success - create a story board of your wish list dreams and success, think of a situation in which you are afraid of failure. Visualize yourself now hitting an obstacle, allow yourself to feel the fear, and then see yourself moving forward. Next, spend a few minutes planning how to overcome whatever obstacles may stand in your way. Then see yourself succeeding despite these obstacles write a gains list of the positive outcomes of pursuing your course of action

Practice acting as if you've already achieved your dreams goals and success and practice acting as if you are not afraid, don't ask for the advice of others, they are acting out of fear themselves

Confront your fears - acknowledge your fears, expose yourself to what you fear, tackle your fears head on, take the fear challenge do the thing you fear the most - move towards your fear, look at the bigger picture, envision your life a year from now Deal with fear directly - get specific on what exactly you are afraid of- then write down the reverse of what you fear, what is the worst that can happen and how will you deal with that? What will happen if you don't take action?

Stop overthinking, if you feel panicked about making a decision or moving forward take deep breathes, meditate, consider all the pros and cons of moving forward what do you have to lose, what is the worst thing that could happen?

Before you take action do your research so you feel comfortable and well informed about the decision you are making

Emulate people you admire and who are already successful

**Take the Fear Challenge Today -
Don't let your Fears Define You.**



March Tasty Temptation Drink - Wild Wine Spitzer

Ingredients

1/3 glass of crushed ice.

1/3 glass of your choice of any Chardonnay, Pinot Grigio, Sauvignon Blanc, Riesling, White Wine. Wine that is more on the sweet and refreshing side.

1/3 glass of Pellegrino. This provides a very low calorie refreshing summer drink. The Pellegrino has zero calories and you are only getting 1/3 glass of wine which helps cut down on the calories so if you have two or three of these you don't have to feel guilty.

This same drink can be made with "Caravella Limoncello Originale d'Italia imported from Italy. Simply substitute the wine portion with the Limoncello, add a slice of lemon and you have another refreshing low calorie summer spritzer.

