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FEARLESS MINDSET

A **LIFE-CHANGING BOOK** THAT WILL HELP
YOU TAKE CONTROL OF YOUR **FEARS!**



KURT GASSNER

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BY
KURT GASSNER

Fearless Mindset
Kurt Gassner



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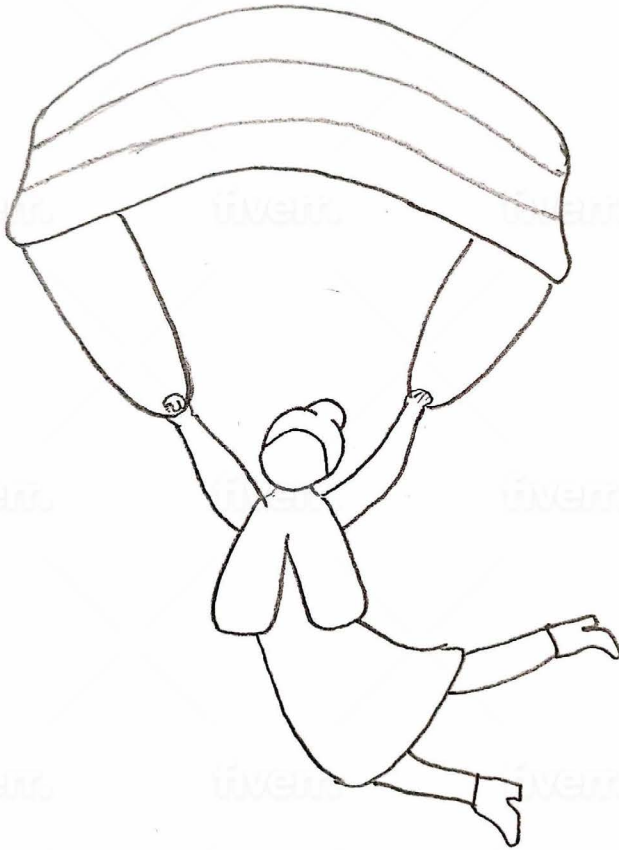
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WHY THIS BOOK CAN IMPROVE YOUR LIFE

The concepts of fear and danger are diametrically opposed. While danger is a circumstance that poses a risk of bodily harm or suffering, fear is a mental state that causes worry.

Fear raises plenty of questions in the mind at once. What exactly is fear? Is it a necessary emotion? Is it really so important to live a life free of fear?

Fear has a powerful existence in our lives, but asking to live without it may seem like too much to handle. The purpose of fear is to help us be guided effectively in the direction we ought to be headed. Fear is a protective measure of the mind and body against any harm that comes from within and outside forces. We have evolved to continue to enhance our features similarly to our ancestors, especially in high-quality weaponry such as strength or agility.

You fear what you don't understand. Fear is defined as an unpleasant emotional response to anticipation or awareness of a real or imagined threat. Everyone experiences fear to some degree, but you can learn how to be fearless with this inspiring book. This book shows you how to harness the power of fear and use it for good. Fear can make you stronger, but when

controlled, it will allow you to achieve even more than you ever would have without it. Practice positive living and good deeds and be rewarded with a positive lifestyle!

And all of our body language, education, habits, behavioral features, differences, habits, qualifications, job titles, and positions make up our identity. Fear, on the other hand, may appear to be a necessary emotion at times, as long as it remains balanced and within our control.

Fear can be a useful tool as long as it doesn't rule our decisions or sabotage our efforts to make positive changes. Fear also serves as an instinctual protective mechanism, preventing us from engaging in the kind of careless and irresponsible behavior that the human race is known for.

The power is in your hands. Fearlessness is an action, not a feeling. It is a result of a well-thought-out process for purifying the mind. It is an attitude that you build within yourself by understanding what fear is and how it works. Within the next four weeks, you will learn how to see through the illusion that fear creates and begin to liberate yourself from what paralyzes your happiness and ability to grow.

To become fearless, one must first become powerful. You should be fearless in your approach to life's obstacles. Do not flee, and do not, under any circumstances, submit to injustice or wrongdoing. Continue to improve your self-power with the help of this book.

Expect the reciprocal power of goodness to repay your kindness. You may not notice the results right away, but they will come. Charity, positive thoughts, and good deeds accumulate excellent karmic wealth that you can bank on when the chips are down.



WHAT IS FEAR?

Fear is the body's inherent alarm mechanism in response to a perceived immediate threat. It involves your physiological reactions to messages flooding your brain (heart palpitations, sweaty hands, shallow breathing) (you're in danger of being eaten, hit, embarrassed, falling, or failing). Even when you don't want it to, fear may quickly establish a loop that stimulates the fight or flight reaction.

We can create a connection with fear by perceiving it as information; we can then have a discussion with it.

We all have our own fears, whether it's the fear of rejection, failure, or any other form of fear, but in order to achieve something in this world and safeguard our self-esteem, we must learn to overcome fear and not be trapped by it.

Fear is suffering that you're trying to escape; for example, if you're afraid of public speaking, it suggests that there's something terrible about that experience that you're trying to avoid; it could be the possibility that people will judge you poorly or something else entirely. If you're afraid of rejection, your fear indicates that you think it'll be too painful to go through, and so on.

Now, in order to conquer fear, we must create even more fear! You must be more afraid of what will happen if you don't

do that thing than of what will happen if you do it. It's as simple as that. For example, if you fear rejection, you should consider the fact that you will die alone, never develop your personality, and never seize opportunities. If and when you fear that more than the fear of rejection itself, you'll be equipped to move forward.

We cannot eliminate all fear from our lives in order to be happy. When we're actually in danger, we need to know. Being fearless occurs when we can recognize whether our fears are serving us, and if they aren't, we can work with them until we can bravely move forward.

Most of us haven't spent much time honing mental skills that protect us from the crushing impacts of self-doubt.

What if we understood exactly what we wanted to accomplish, had a plan to accomplish it, and never let bad feelings or self-defeating beliefs stop us from doing what we needed to do to reach our goals? Would we ever fail to reach our goals?

When we've removed the hurdles that keep us from realizing our full potential, we can acquire a fearless mentality. This is accomplished by learning to accept both what we have control over and what we do not. Once we grasp what is and isn't our duty, we can focus all of our attention on mastering the areas over which we have direct control, rather than wasting it on matters over which we have no control.

Guilt and fear are the two most common sources of squandered energy.

Guilt: Allowing our brains to focus too much on the past interferes with our capacity to live in the moment and appreciate the realities of life.

Fear arises when we pay attention to what might or might not happen in the future. Our focus is drawn away from the present moment once more, reducing our ability to make sound decisions.

There is only action in the moment. Fear arises only when we allow our imaginations to worry about the future. We should focus on the here and now in the hopes that whatever we improve in the short term will benefit us in the long run.

When we expect outcomes that are beyond our immediate control, we are setting ourselves up for failure. For example, how enjoyable is it to work for a boss who rates our performance based on circumstances over which we have no control?

High-Efficiency

To attain our full potential, we have to quit battling with ourselves and channel our energy into completing whatever goal we set for ourselves.

Inherited abilities can guide us in the right route. High performance, on the other hand, is earned rather than granted.

Any work that is completed properly—when those aspects under our direct responsibility are controlled and mastered; when we are completely at one with ourselves—is considered high-performance.

Practice with Intention

Deliberate practice is defined as any activity that accomplishes the following goals:

1. **Is specifically designed to improve performance** – It's vital to aim our mental resources toward goals over which we

have direct control, which boosts confidence and feelings of power. Directing our mental energy toward goals over which we have no direct control (e.g., “I have to win today”), on the other hand, considerably increases tension and causes emotions of powerlessness.

2. **Strives for goals that are just beyond one’s degree of competence** – We must always strive for goals that are just a little bit out of reach so we believe they are attainable. It simply promotes thoughts and feelings of powerlessness if our goal is too far beyond our reach or ability level. This is why so many people fail to keep their New Year’s resolutions.
3. **Provides feedback on results** – We need to track our progress in order to improve our abilities and confidence, and feedback empowers people to take charge of their own development. Feedback is utilized to determine which skill sets are helping to increase performance and which skill sets need to be isolated for further improvement.
4. **Requires a lot of repetition** – We need to isolate skills and practice them repeatedly until we master them.

Deliberate practice, for example, isn’t simply striking a bucket of tennis balls with no specific goal in mind. Deliberate practice is hitting twenty slice serves with the goal of placing the ball within two feet of the target 80 percent of the time, constantly observing results and making needed adjustments, and doing so on a daily basis.

Mediocrity

Excuses and alibis keep us from taking responsibility and being accountable. Sure, it's human nature to blame others, but there's no way to get anywhere if you keep continuing down that path. It's just a road.

—Bennett, Wayne

What happens if we don't follow our dreams?

The majority of individuals do not give their dreams a chance. People talk about doing something, but few actually do it. Few people make even a smidgeon of an effort to make their goals a reality. Others give it a half-hearted effort before abandoning it in favor of safer, more convenient pursuits. However, research shows that those who do give it a shot end up being high performers as a result of their endurance over time.

Why do so many of us succumb to the mediocrity trap?
Why do so many of us accept mediocrity?

Fear, as well as doubt and confusion inside oneself, are significant components – we inadvertently build a scared mind and settle for what is safe and simple rather than pursuing our aspirations.

Don't get too attached to the idea that dreams will never change; we must have the bravery to adapt to our goals.