

# It Takes Courage to Succeed

Webinar held February 11, 2010  
Taught by Steven Horne, RH(AHG)

---

---

---

---

---

---

---

## Scary Times



- Do you talk about the "bad" economy?
- It's hard not to when you see businesses closing, people out of work and listen to or read the news
- Does our current economic situation "scare" you?

---

---

---

---

---

---

---

## Thinking Positively



- Positive thinking is not the same as manic, unrealistic thinking.
- Real positive thinking involves embracing hard, cold facts and making tough decisions

---

---

---

---

---

---

---

## Fear, Stress and Anxiety



- Fear, stress and anxiety can paralyze us so that we don't make the tough decisions we need to make
- Instead, we "trust" the experts or practice "avoidance"

---

---

---

---

---

---

---

## Excitement and Adventure



- The same hormones that cause fear, stress and anxiety are pumping through out body when we are on an adventure and feeling excitement.
- What is the difference?

---

---

---

---

---

---

---

## What is Courage?



- Courage is the ability to take action in spite of our fear
- Both the hero and the coward feel fear on the battlefield
- One allows the fear to paralyze him, the other uses the fear to energize him

---

---

---

---

---

---

---

## Courage is a Vital Key to Success



---

---

---

---

---

---

---

## What is Success?

- Success is being able to set goals and achieve them
- In other words, success is being able to pursue what we want and get it, whether it is in our personal or professional lives.



---

---

---

---

---

---

---

## Small Steps, Big Accomplishment



- Success is a journey, not a destination
- As long as you are taking steps (actions) that are moving you in the direction you want to go in life, you are a successful person!

---

---

---

---

---

---

---

### Small Actions That Make a Big Difference



---

---

---

---

---

---

---

### Do you have the courage to...

...simplify your life and business by getting rid of what isn't working for you?



---

---

---

---

---

---

---

### Do you have the courage to...

...determine what YOU want to do and stay focused on it by avoiding distractions?



---

---

---

---

---

---

---

### Do you have the courage to...

...invest in yourself with continuing education, the way you dress and present yourself, etc.?



---

---

---

---

---

---

---

### Do you have the courage to...

...take calculated risks, take responsibility for your mistakes and keep trying?



---

---

---

---

---

---

---

### Are You Facing Your Fears or Dodging Them?

- We dodge fears through:
  - Procrastination
  - Addictions
  - Compulsive Behaviors
  - Blaming Others
  - Trusting Experts



---

---

---

---

---

---

---

## Build Self-Confidence

- Acting in the face of fear builds self confidence
- Identify those areas of your life where you are failing to take actions that move you in the direction you want to go
- Start doing something, however small, that makes changes in your life



---

---

---

---

---

---

---

Questions  
and  
Answers



---

---

---

---

---

---

---