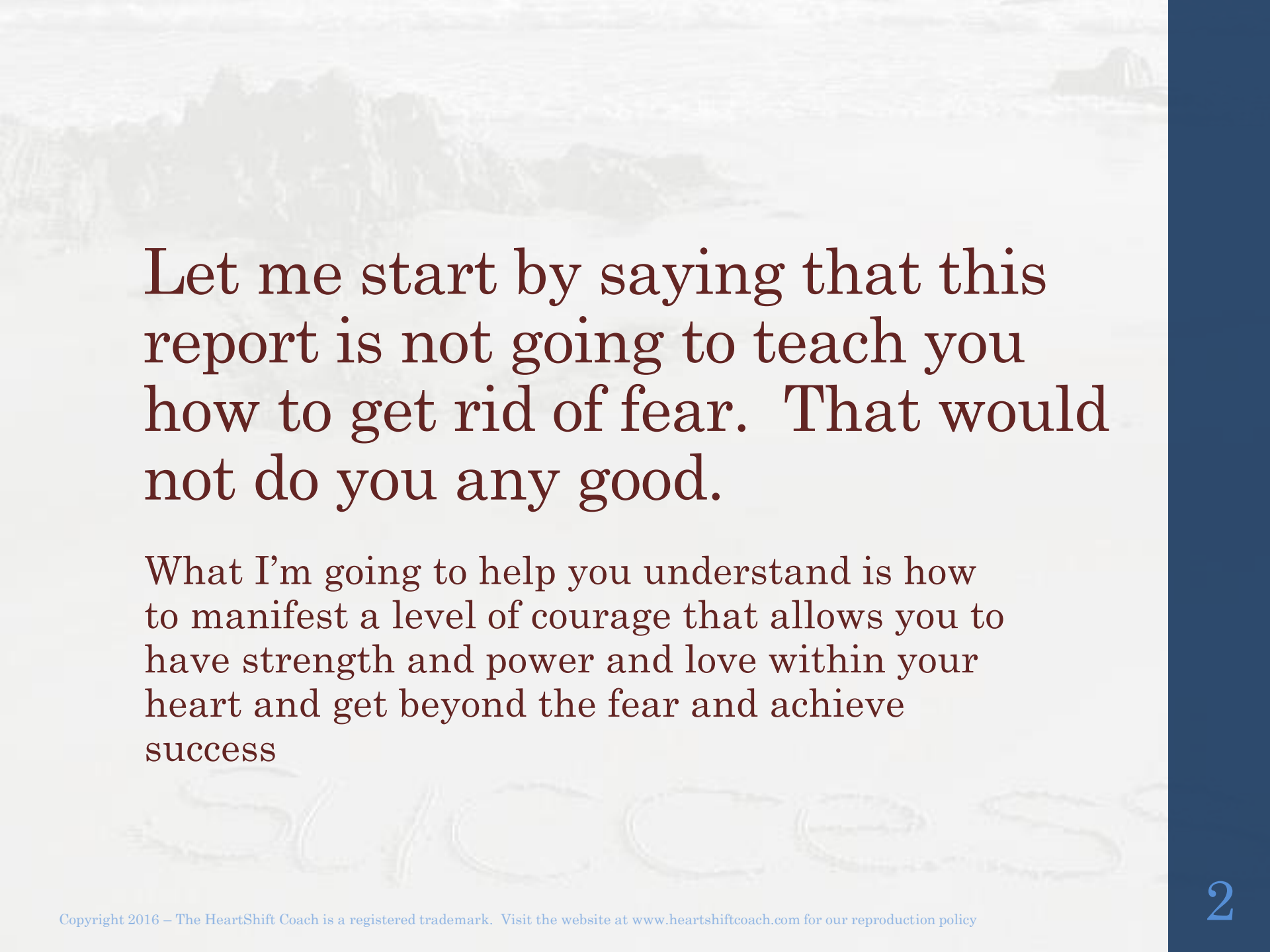




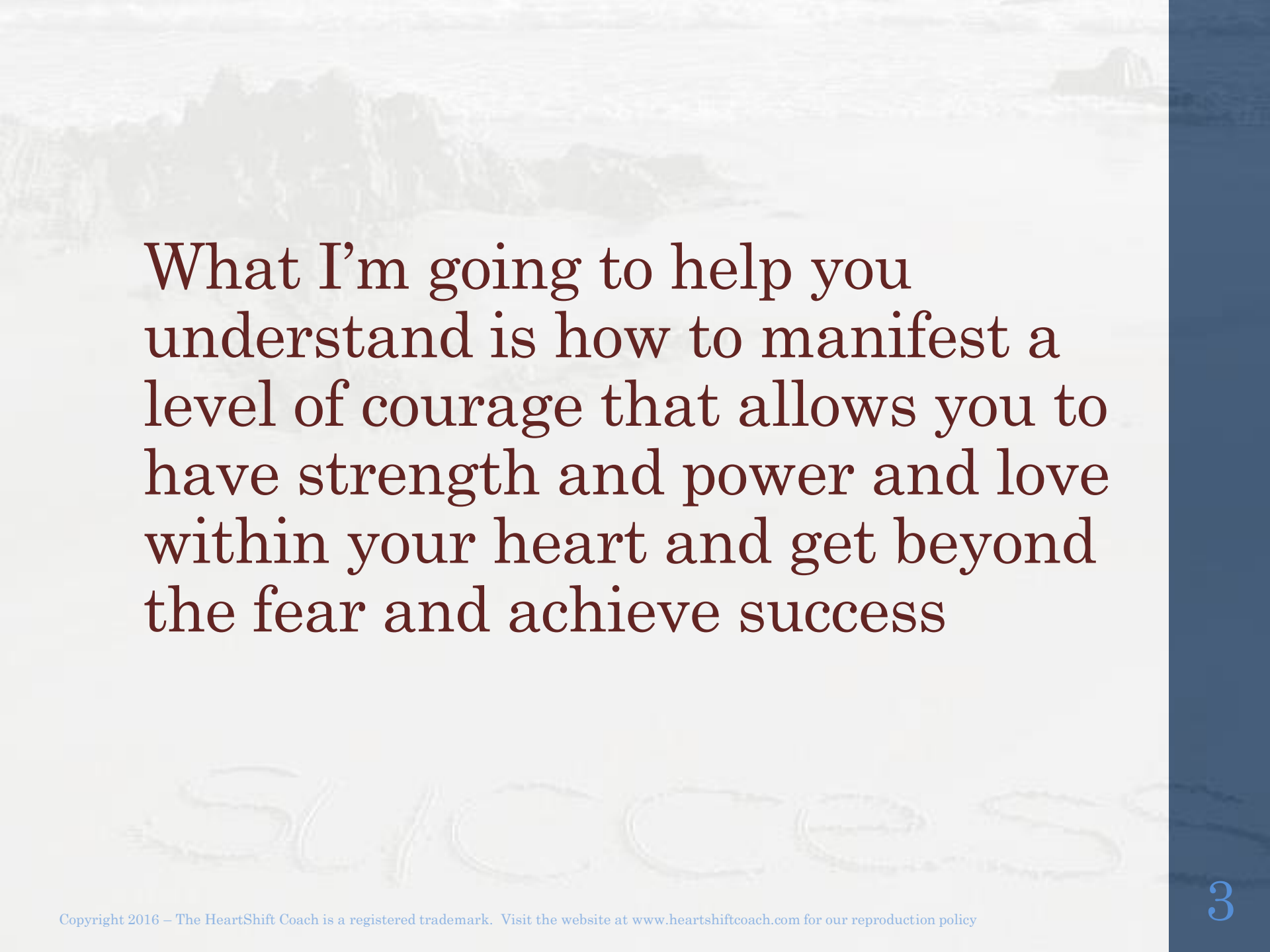
# Turn Your Fear Into Success

Marcy Neumann, *The HeartShift Coach*



Let me start by saying that this report is not going to teach you how to get rid of fear. That would not do you any good.

What I'm going to help you understand is how to manifest a level of courage that allows you to have strength and power and love within your heart and get beyond the fear and achieve success



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You have two choices when it comes to fear.

**FEAR**



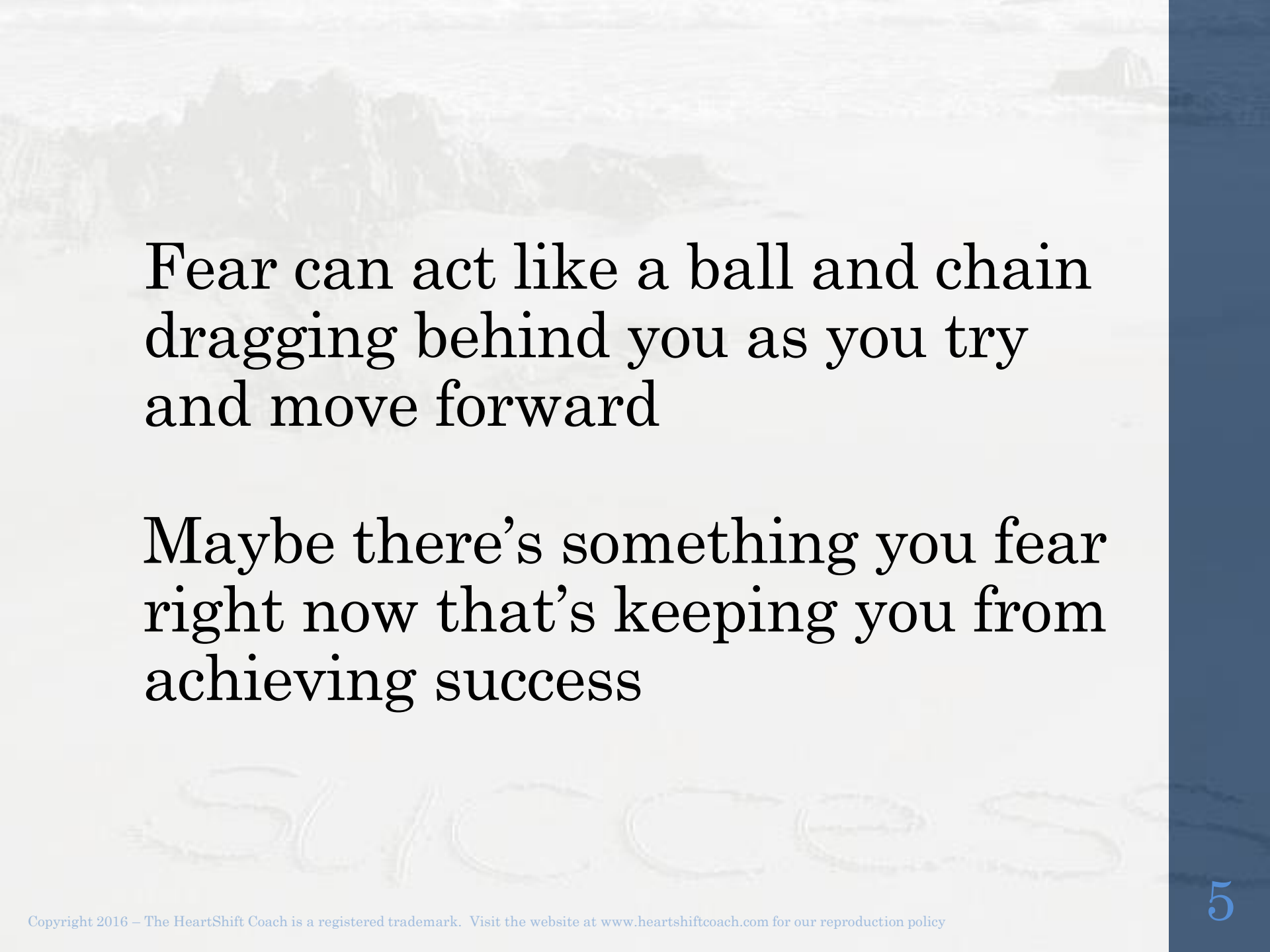
Forget Everything And Run

...OR...

Face Everything And Rise

~ Zig Ziglar

*It's Your Choice*



Fear can act like a ball and chain  
dragging behind you as you try  
and move forward

Maybe there's something you fear  
right now that's keeping you from  
achieving success

And you do have a choice:

Fear as Power or Fear as  
Paralysis

It all depends on how you choose  
to use it. It all depends on getting  
out of your head and into your  
heart

# What is your response to fear?

- Do you run?
- Do you rise?
- Do you want to rise but don't know how?

# What do you do when you've been faced with tough decisions, been put in uncomfortable situations

- Do you let the energy of being uncomfortable take over?
- Are you able to recognize that what you feel is fear and that it's holding you back?
- Do you want to learn what you can do right now to start turning your fear into courage and courage into success?





# Identifying The Fear

Once you are able to consciously identify fear as the energy holding you back; Once you are able to determine what type of fear you're facing, you will be able to turn fear into success.

In my private coaching, I've worked with many professionals and successful entrepreneurs.

I'd like to share with you the three general types of fear that many of these clients had challenges moving past.



1. Fear of Failure

2. Fear of Success

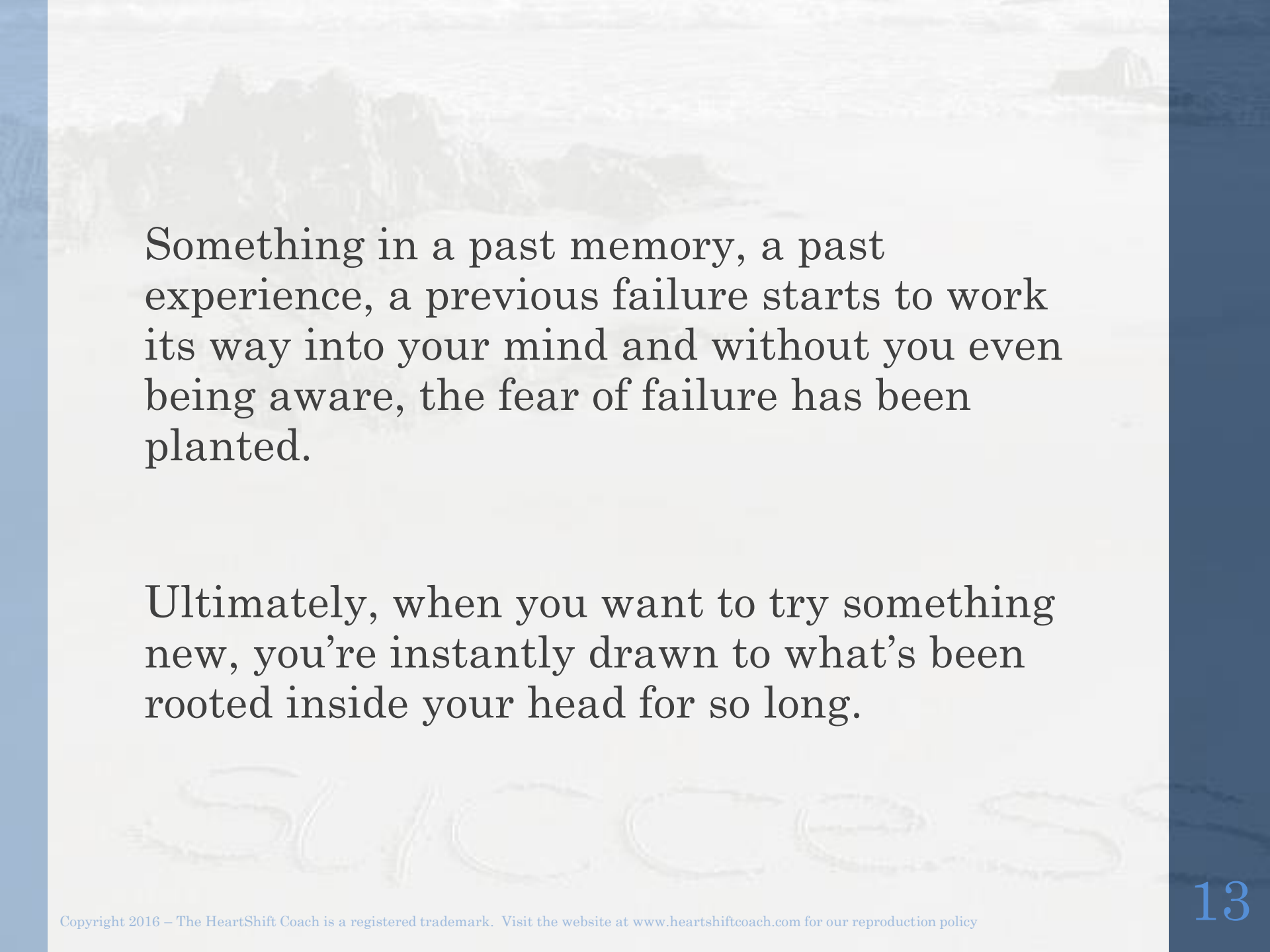
3. Fear of Money

# Fear of Failure



This one is pretty obvious. Many times, efforts to become successful are stifled by the fear to fail, the fear of being seen as a failure.

But where does the fear come from? This is where most people get stuck and can't move forward.



Something in a past memory, a past experience, a previous failure starts to work its way into your mind and without you even being aware, the fear of failure has been planted.

Ultimately, when you want to try something new, you're instantly drawn to what's been rooted inside your head for so long.

This is where you go from in your head to  
in your heart.

We'll get to that later in this report.

It's time to identify the second type of fear.



# Fear of Success

You may read this and think, huh? Who would be afraid of success? Isn't that what's wanted?

Well, surprisingly, the answer is most people are afraid of success. But not in the way you may think



You may be afraid of success because deep down, you may not feel worthy of the success.

That's right. Something in your head is not allowing you to believe you are worthy of a successful life.

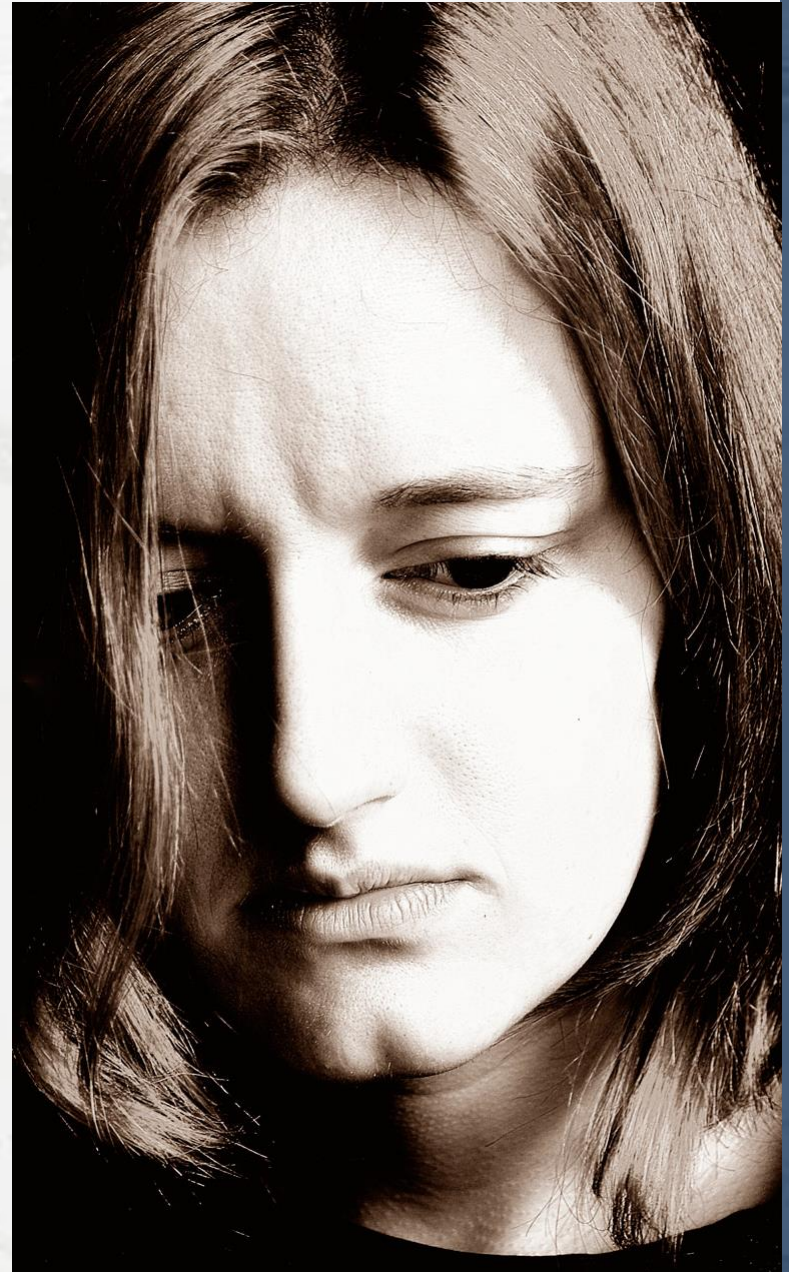


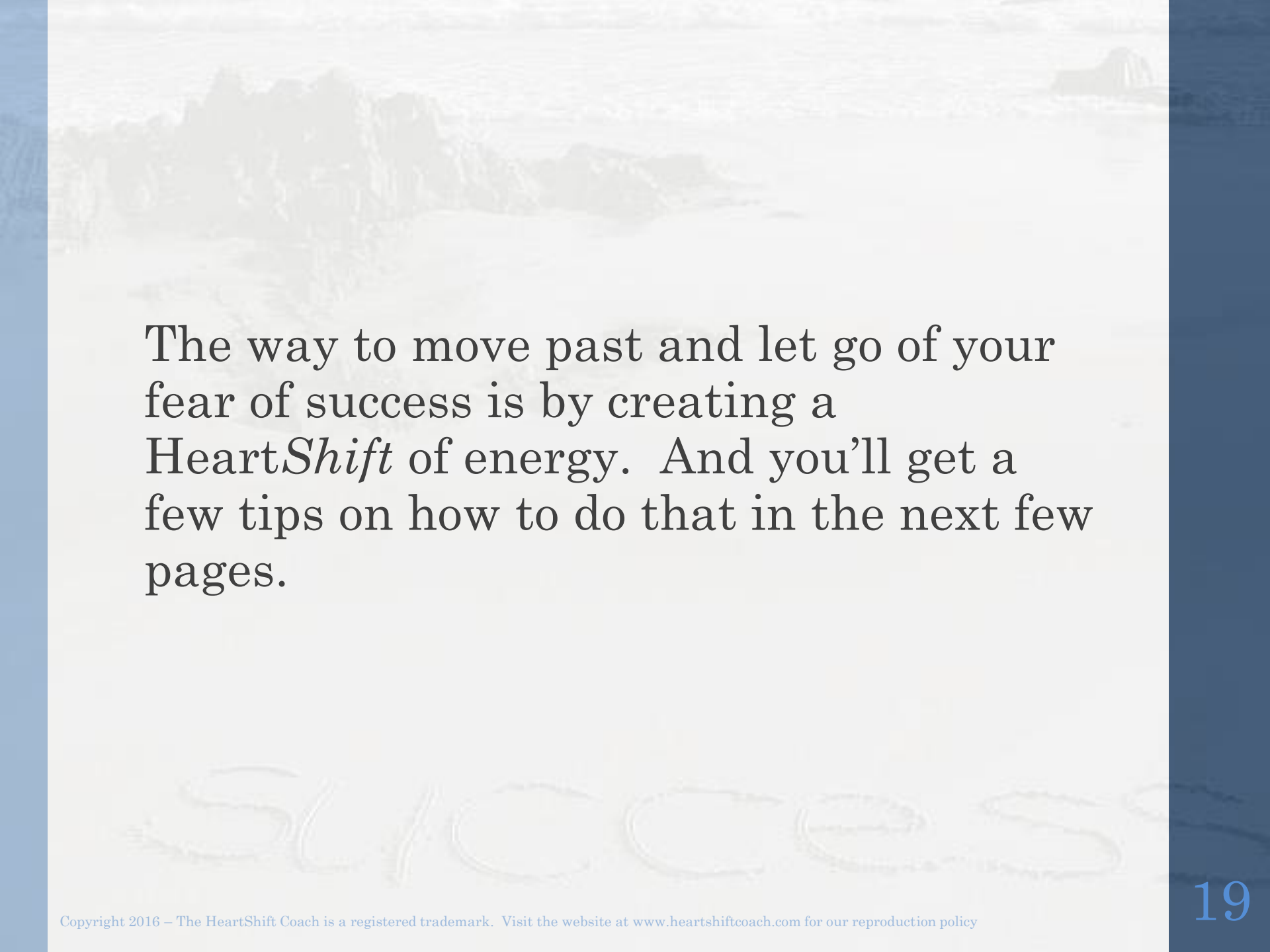
Old patterns, old beliefs, your parents, an unsupportive loved one, friend or co-worker may have at some point influenced you, discouraged you.

The ‘what if’s’ start to happen and cause a roadblock to your success and you start to question yourself:

- What if I can't keep up
- What if I make a mistake and ruin everything
- What if my home life suffers
- What if money and success still doesn't bring me happiness I'm looking for

Maybe you started  
having success,  
feeling it and then  
suddenly found  
yourself surrounded  
with that energy of  
fear again.





The way to move past and let go of your fear of success is by creating a *HeartShift* of energy. And you'll get a few tips on how to do that in the next few pages.

# Fear Of Money

False money beliefs make you fearful.

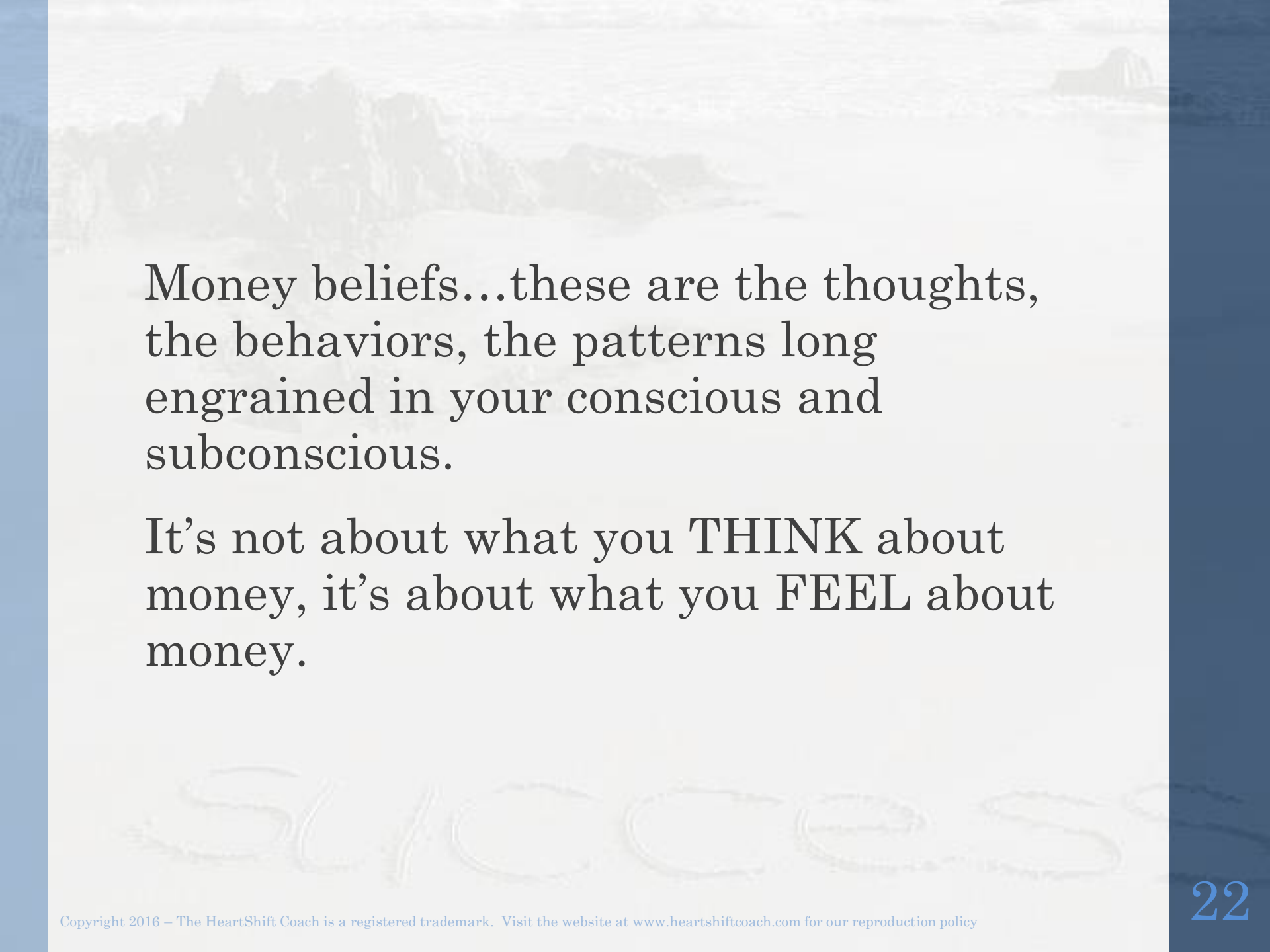
This one floors most of my clients and once you read the reason why, you will start to understand



In your heart, you are willing to try and fail as many times as it takes to become successful.

You know you can prevail through any trying times on your way to success...but somehow success never comes and you can't understand why.

The reason why...Your Money Beliefs



Money beliefs...these are the thoughts, the behaviors, the patterns long engrained in your conscious and subconscious.

It's not about what you **THINK** about money, it's about what you **FEEL** about money.

When I ask my clients what they **think** about money, most first responses are typical.

- They could use more of it to get out of debt.
- They would like to make more at their jobs
- They would like to have more by starting a business
- They would like to have more in the bank
- They think more money would make life easier and therefore make them happier

But when I ask my clients what they **feel** about money, I get a lot of ‘I’m not really sure’ or ‘I’ve never really thought about how I truly feel about money’

So...

What are your thoughts about money?

What are your feelings about money?

Keep these in mind as we continue.

(To really dive into this area more, read [Getting Rid Of Bad Money Mojo and Redefining Your Financial Identity](#))



Deep-seeded feelings about money, whether conscious or unconscious, are seeping into your efforts.

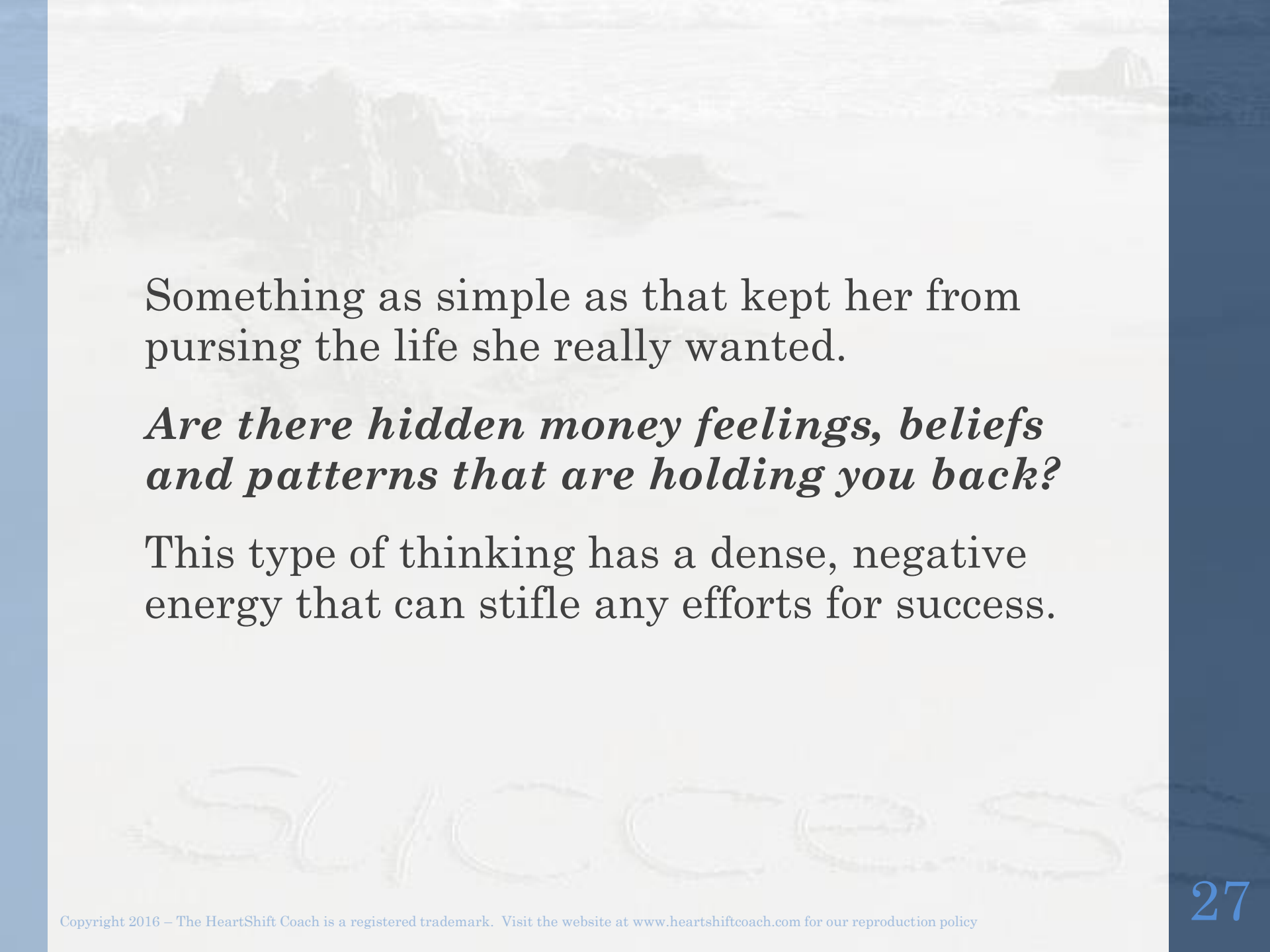
Here's an example:

One client had shared with me an experience of her parents always complaining about 'so and so makes more money than they deserve' and '...can't believe this person makes more than I do. I work just as hard'.

This belief, passed on to her inadvertently by her parents kept her from exceling at work.

When it came time to ask for a raise, ask for a promotion or apply for an open position for more money and responsibility, she really wanted this for herself but never could bring herself to follow through.

Every time she wanted to better herself, ask for more money, get a better position with the potential for more money, the fear of 'not being worthy' brought on by those beliefs would change her mind.



Something as simple as that kept her from pursuing the life she really wanted.

***Are there hidden money feelings, beliefs and patterns that are holding you back?***

This type of thinking has a dense, negative energy that can stifle any efforts for success.



# Facing Your Fears Once And For All

This exercise will help you determine what fears you face now and what it's costing you.

There is no right or wrong answer here, but the more you allow yourself to *feel* the answer, the deeper level of understanding you'll have and be able to use this going forward.

1. What excuses are you using that are keeping you stuck?

2. What have you been putting off that could help in your success? What is that actually costing me?

Remember, it's easy to point fingers at external sources, but the real reason you're stuck lies within your heart, your past beliefs or past experiences.

Here are some example that my clients experienced and used as excuses in keeping them stuck...too old to start or change careers, afraid family, friends won't be supportive, following what's in my heart might not pay the bills.

3. What are you afraid of and why are you afraid of it?

4. What is the absolute worst thing that could happen if you decide to take action?

5. What is the best thing that will happen?

6. What will happen if you do absolutely nothing and continue to be afraid ?

Answer these questions honestly. Write down your answers. Make them real. Bring them to life. And really focus on how these answers make you feel. (Hint: feeling is the key)



# How To Begin To Turn Fear Into Success

It's this feeling that will

Success

# Recognize the feeling of fear and acknowledge it

If you need help with this, use the free 30  
minute consultation with me to help you  
identify these fears



# Calm your mind and open your heart

Slow, controlled breathing helps calm the fight or flight response of your body.

Take a deep breath and count to seven while inhaling. Hold it for a count of 3. Exhale through your mouth for a count of seven.

Do this to begin the process of shifting from your head to your heart

# Own the fear

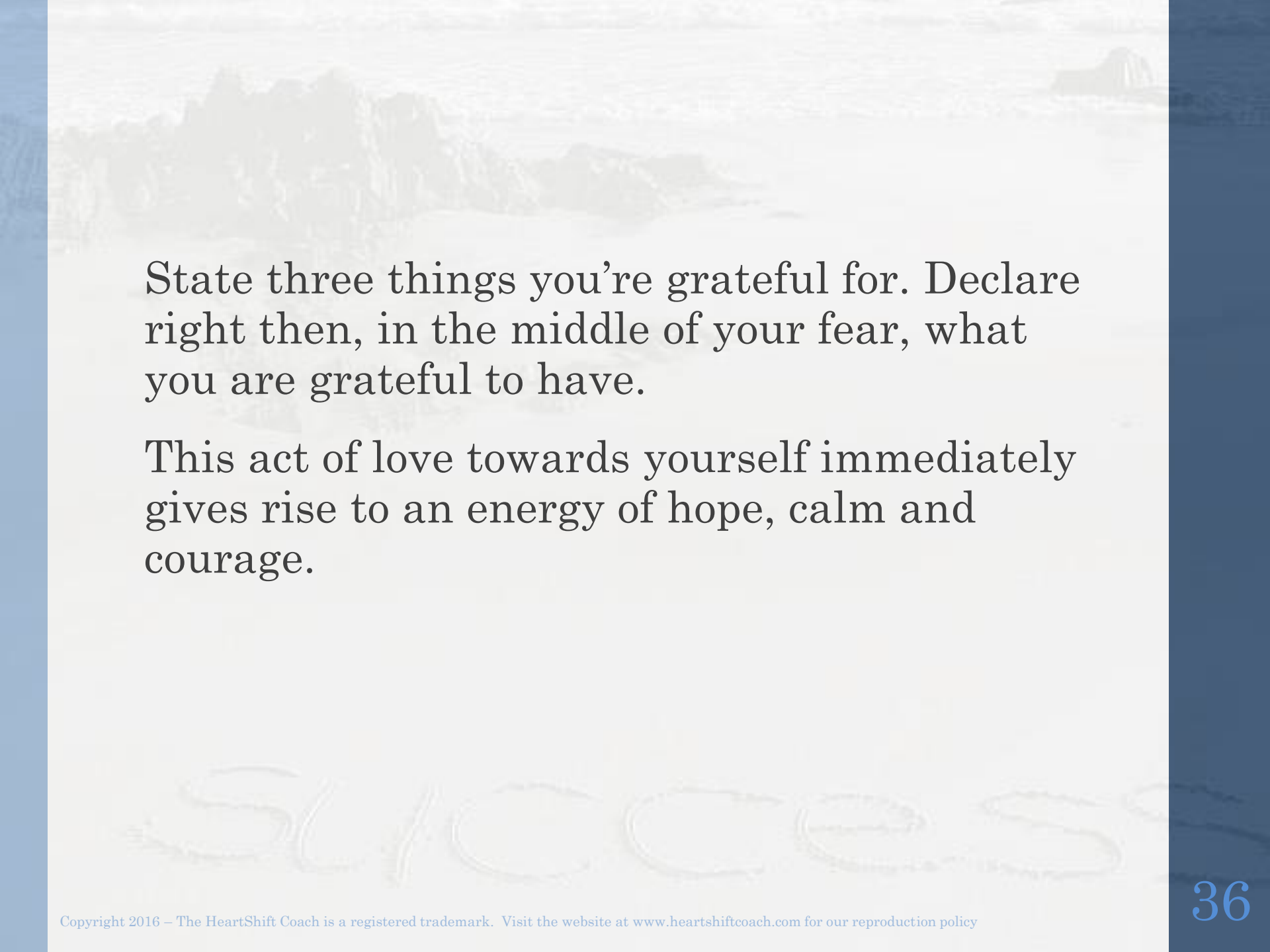
By owning it, I mean making it clear that you're aware it's there. It's no longer going to hide in the depths of your past. It's no longer lurking in the back of your mind.

Say it out loud. "I feel the fear. I'm feeling this fear because\_\_\_\_\_". "I acknowledge that this fear is caused by something in my past that caused me pain or discomfort." "I no longer give this fear permission to exist in my heart and continue to cause pain"

# Give fear some love

In order to start shifting the energy from one of fear to one of love, getting out of your head and being guided by your heart...start by giving the fear a little love.





State three things you're grateful for. Declare right then, in the middle of your fear, what you are grateful to have.

This act of love towards yourself immediately gives rise to an energy of hope, calm and courage.

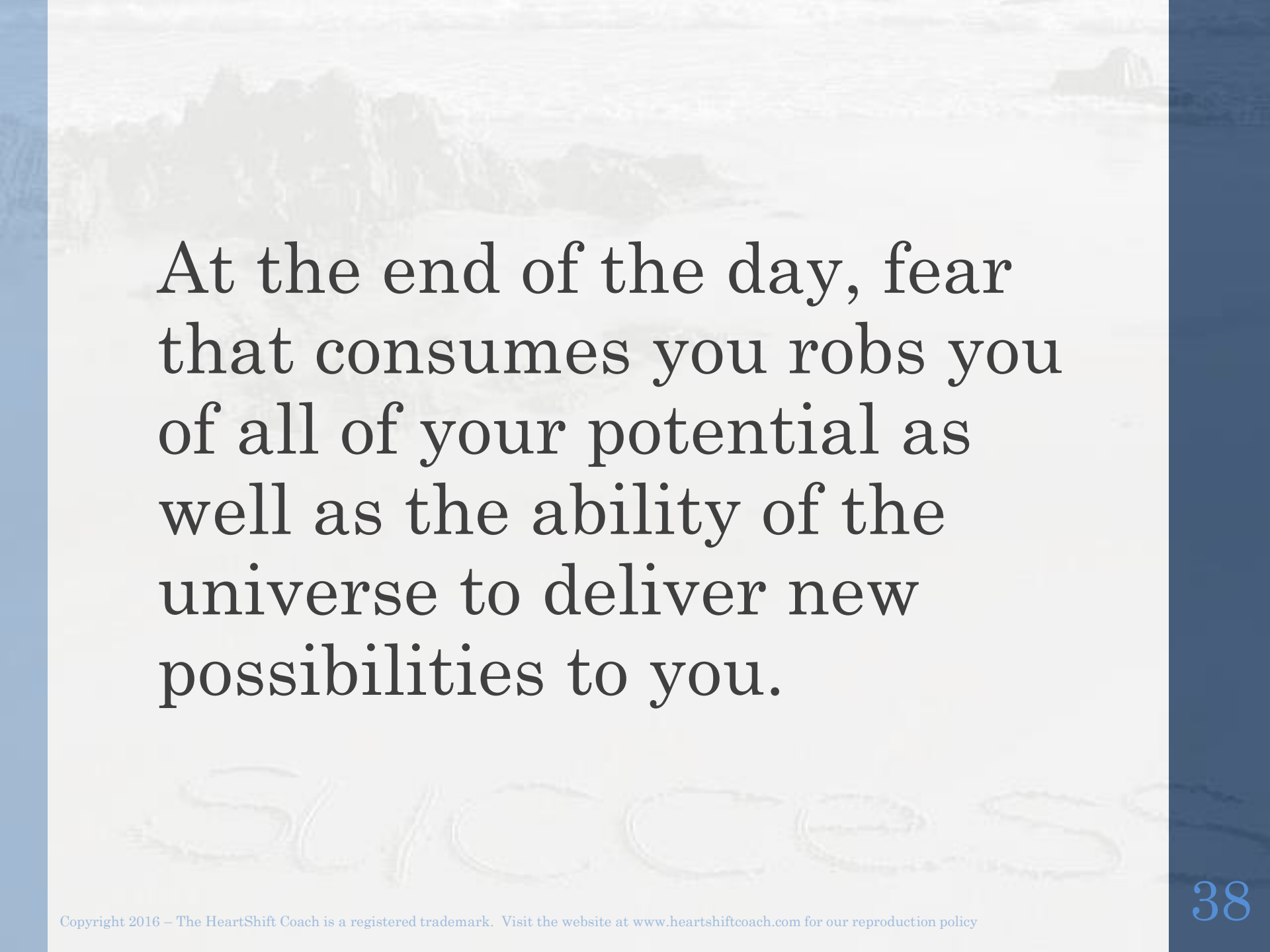
# Now that you know

Fear isn't something to fear. It's a response, that has been engrained from a past belief or experience.

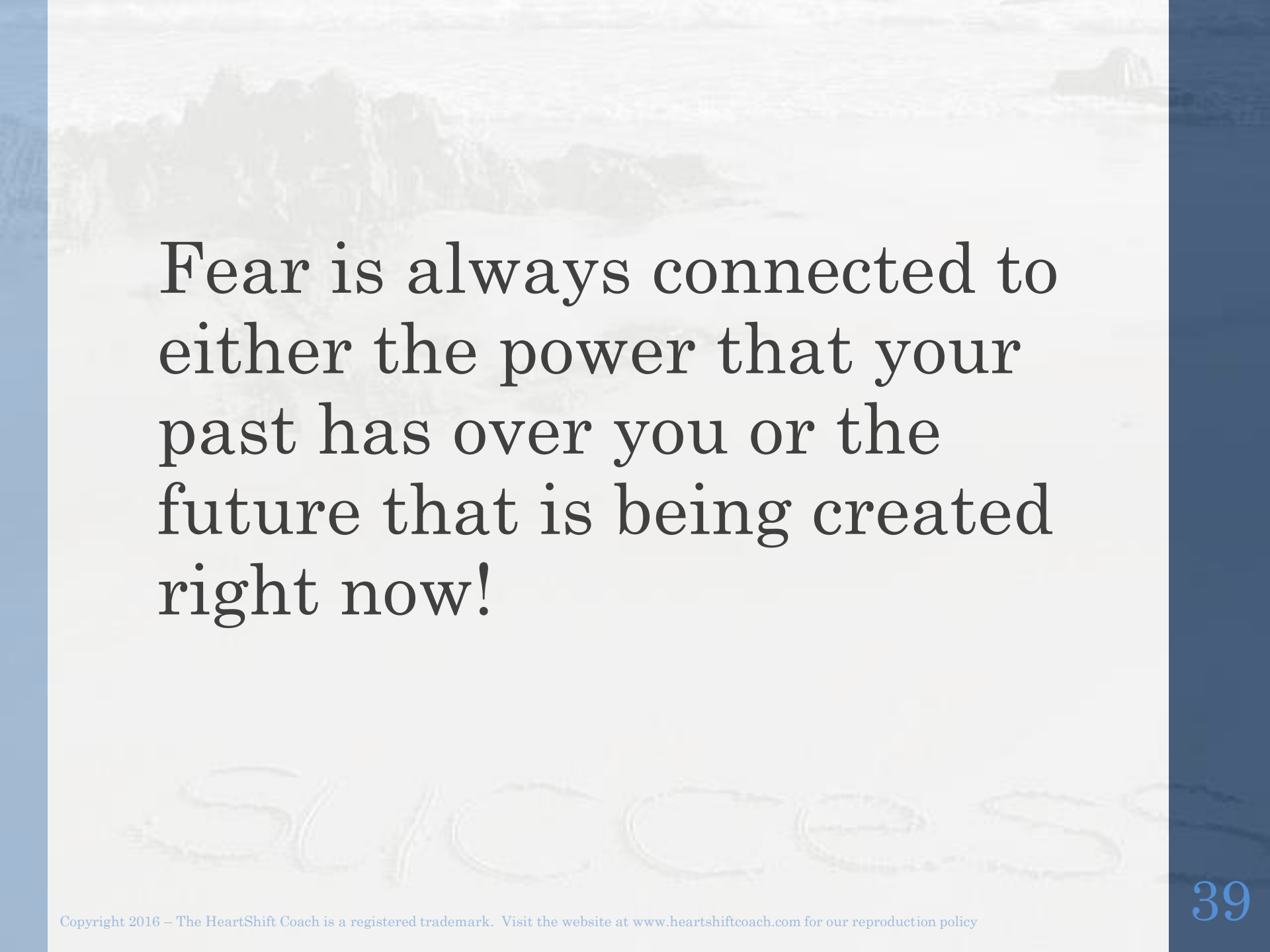
Fear, when consciously recognized, can be transformed into a courageous, loving energy



Fear may have served a purpose for you, but no longer. You are ready to take the action needed to turn your fear into courage and ultimately into your success.



At the end of the day, fear  
that consumes you robs you  
of all of your potential as  
well as the ability of the  
universe to deliver new  
possibilities to you.



Fear is always connected to either the power that your past has over you or the future that is being created right now!

That is why staying present in  
your 'present' is truly such a 'gift.'

It frees you of the dead weight of  
fear and instead of fear weighing  
you down like cement shoes,  
chaining you to your past, you  
spread your wings and fly!

To your best life ever!

*Marcy*





So let's see, what would you choose? The funk of failure or the freedom of flight?



## Marcy Neumann

It's my mission and life purpose to deliver messages of love and transform lives through energy education, teaching empowerment skills and creating tools for personal change through my HeartShifting processes. Shift your heart, Shift your thoughts and Shift your life.

I am a life and spiritual coach, specifically the HeartShift coach and my expertise is in manifestation and transformational energies.

I help people struggling with change. The heart wants one thing. The head fights it. My HeartShifting process is about making sure these two things are on the same page and working together.

I help identify resistance and teach the process of shifting your heart and your thoughts and that leads to the ultimate reward...Loving you and loving your life!

I've earned several credentials becoming an expert in healing, teaching and coaching.

- Registered Nurse
- Ordained Spiritual Minister
- Reiki Master
- Certified Hypnotist
- Energy Healer
- LOA Life Coach
- CellpH Love Reiki -Master/Teacher

