

What's holding you back?

Sometimes we let fear get the best of us. We focus on everything that could go wrong and let that be the driving factor for our decision making.

However, it all starts with changing your perspective on the topic you're struggling with. When you find that fear is taking hold of your decision-making, follow these steps to start changing your perspective:

- Take a deep breath – Breathe in. Hold. Breathe out. Repeat 3 – 5x's (based this on what you feel you need). This will help reset your mind and mood. You'll start to get clarity in a moment of angst.
- Write down 3 things that could go right – writing it down is KEY. As you're writing you're priming your brain to receive and think in a language unfamiliar to you.
- Now, say it out loud – using your auditory senses, although you may not believe it in the moment, will also help in training your brain.
- Repeat. Do this in the morning and at night before bed. You must start and end your day with focus and intentionality. You'll start building a healthier perspective.

Short term: Do this until you reach a decision that's not based on fear.

Long-term: Challenge yourself to do this for 7 days. Then, 14, and then, you guessed it, add 7 more days. The more you do this, the more it'll become a part of your routine!

I've personally had success with this exercise. And you know what? It now comes naturally. You learn how to reframe your mind and look at the opportunities that life presents. Sometimes, you just need to reset. In you doing this exercise you'll give yourself that opportunity.

A small step you continuously take, compounds over time. Give it a try and tell me about it! Send me a message, repost, or contact me via my site: www.ricardacabrera.com.

With intentionality,

Ricarda