

Face Your Entrepreneurial Fears and Challenge Yourself

DAILY JOURNAL

by Yamilette Williams, Ed. D.



Hello Aspiring Entrepreneur!

Overcoming anxiety and fears surrounding changes in our lives is a common issue for people everywhere. Worry doesn't have to overwhelm you and keep you in your tracks, though. There are ways to push past it and to live the life you desire.

One of the most important things I hope you'll take from the ebook and this accompanying journal is that we actually achieve a great deal of personal growth when we face our anxieties head on.

You'll need to challenge and push yourself each and every day. Some of which are even a lot of fun. Each day write down your fears and challenges Face Your
Entrepreneurial Fears
and Challenge
Yourself
HOW TO REMOVE OBSTACLES
AND TAKE ACTION

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NEW Yourself
KEEP IT SIMPLE COACH

and then come back when the solution presents itself and record that, too.

When you can visualize your successes there will be no stopping you and this guide will help you along your journey.

When we face our fears and anxieties head on, we actually achieve a great deal of personal growth. You can gain specific skills, as well as enhance your already amazing character traits like resilience and creativity, when you step up and kick those jitters to the curb. I'll share tangible ways to help you do just that.

Many readers discover the different mind tricks and games they can use to move past their comfort zone and onto achieving awesome things.

人 Let's get journaling!

[&]quot;I can't change the direction of the wind, but I can adjust my sails to always reach my destination." - Jimmy Dean

[&]quot;The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in times of challenge and controversy." - Martin Luther King, Jr.

"You must be the change you wish to see in the world." - Mahatma Ghandi

"I've learned in my life that it's important to be able to step outside your comfort zone and be challenged with something you're not familiar or accustomed to. That challenge will allow you to see what you can do." - J. R. Martinez

[&]quot;Accept the challenges so that you can feel the exhilaration of victory." - George S. Patton

"Change is the law of life. And those who look only to the past or present are certain to miss the future." - John F. Kennedy

"Everything negative – pressure, challenges – is all an opportunity for me to rise." -

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Kobe Bryant

"Every project is an opportunity to learn, to figure out problems and challenges, to invent and reinvent." - David Rockwell

[&]quot;Just when I think I have learned the way to live, life changes." - Hugh Prather

"If there is no struggle, there is no progress." - Frederick Douglass

[&]quot;There is nothing permanent except change." - Heraclitus

[&]quot;Intelligence is the ability to adapt to change." - Stephen Hawking

"If you change the way you look at things, the things you look at change." - Wayne Dyer

"In my life, I've gone through a lot of really hard times. I went through depression and had so many challenges that I overcame. And I overcame because I just decided to be happy." - Lilly Singh



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[&]quot;Our ability to handle life's challenges is a measure of our strength of character." - Les Brown

"Challenges make you discover things about yourself that you never really knew." - Cicily Tyson

[&]quot;Perspective is everything when you are experiencing the challenges of life." - Joni Eareckson Tada

"Sometimes the hurdles aren't really hurdles at all. They're welcome challenges, tests." -

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Paul Walker

[&]quot;Success is due to our stretching to the challenges of life. Failure comes when we shrink from them." - John C. Maxwell

[&]quot;Having challenges in your life opens doors for you." - Payal Kadakia

"You have to motivate yourself with challenges. That's how you know you're still alive." -

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Jerry Seinfeld

"The first step toward change is awareness. The second step is acceptance. " - Nathaniel Branden

"When we are no longer able to change a situation, we are challenged to change ourselves." - Viktor E. Frankl

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"Everyone has challenges and lessons to learn – we wouldn't be who we are without them." Sean Combs

"Life comes with many challenges. The ones that should not scare us are the ones we can take on and take control of." - Angelina Jolie

[&]quot;In school, we learn that mistakes translate into bad grades. The unfortunate lesson gets burned into our brains, and we go through life shunning challenges that might end in failure." - Mark Frauenfelder

"Life's challenges are not supposed to paralyze you. They're supposed to help you discover who you are." - Bernice Johnson Reagon

"I'm a big believer in challenging myself and overcoming challenges by doing things I've never done before." - Alexandra Daddario

"If you do not change direction, you may end up where you're heading." - Lao Tzu

"Growth is painful. Change is painful. But nothing is as painful as staying stuck where you don't belong." - N.R. Narayan Murthy



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