

COURAGEOUS, BOLD & FREE

How to release your fears, follow your heart,
and pursue your dreams



by Mary Morrissey

COURAGEOUS, BOLD & FREE

How to release your fears, follow your heart,
and pursue your dreams

by Mary Morrissey

Published by:



LifeSOULutions That Work®, LLC
31441 Santa Margarita Pkwy., #A-364 • Rancho Santa Margarita, CA 92688
Toll Free: 800-914-6958 • International: 503-922-3460
www.MaryMorrissey.com

©2017 Mary Morrissey® • LifeSOULutions That Work®, LLC • All Rights Reserved
Unauthorized duplication is prohibited by law.

COURAGEOUS, BOLD & FREE

What stops so many people from living the life they truly dream of?

After investing the last 30+ years mentoring tens of thousands of people worldwide in how to create a life they truly love living, I can tell you that what stops most people from creating a life they truly love living is *fear*.

What is fear, anyway?

Fear comes from the primitive part of our brain that desires to keep us safe, within the confines of the known and familiar.

Another way to look at fear is that it's the feeling you experience when you bump up against your comfort zone.

The thing is though, as you may already know, everything you dream of and desire is just on the other side of your fear... just on the other side of your comfort zone!

This said, in order to take our lives to the next level and create a life we truly love living, it's crucial that we train ourselves in how feel fear, and *still* take action toward our dreams and desires anyway!

Highly successful people have a different relationship with fear than others do...

Every single one of us experiences fear, whether it's during a close call in traffic, feeling butterflies in our stomach before a big job interview, or going skydiving!

Even highly successful people, including entrepreneurs, world leaders,

COURAGEOUS, BOLD & FREE

changemakers, celebrated philanthropists, Nobel Peace Prize winners, and everyone in between, experiences fear from time to time.

Fear is just a part of the human condition. Experiencing it doesn't make you weak, it makes you human. There's no escaping this emotion.

This said, the goal is not to completely *eradicate* fear, it's to *change your relationship* with it.

People who are highly successful in the way that I define it – who experience abundance in their health, relationships, finances, and in all other areas of life – didn't get that way because they learned how to eradicate their fear.

They became successful because they developed a habit of “feeling the fear and doing it anyway.”

Most highly successful people have adopted three practices, often without consciously realizing it, that give them a different relationship with fear than most other people have.

In essence, they've learned to acknowledge their fear, but also to set it aside and not let it slow them down or stop them in life.

And, once you understand these three practices and begin applying them in your life, you too can move through your fears and transform your dreams and desires into your reality and lightening speed!

COURAGEOUS, BOLD & FREE

3 COURAGEOUS, BOLD & FREE PRACTICES that highly successful people apply to their lives (and how YOU can too!)

Here are three ways of being that highly successful people embody, that you can take on too, to create a life you truly love living without all of the hard work and struggle:

PRACTICE 1: Acknowledge Your Fear

As I mentioned earlier in this ebook, every single human being on the planet experiences fear from time to time. There is simply no way of getting around this!

Remember that what you resist, persists. So we never want to try to push our fear away. We just want to shift our relationship to our fear.

Highly successful people, for example, have learned how to say “hello” to their fear when it comes up, and to keep taking the actions they know they need to take regardless.

Think of something you’d love to be, do, or have that is not currently in your experience.

Would you like to be earning more money? Would you love to find your soulmate? Or transform your current relationship? Or perhaps start your dream business, or write a book?

To create a result you don’t currently have, you’re going to have to be willing to do something you’ve never done.

COURAGEOUS, BOLD & FREE

You're going to have to be willing to take action that may feel scary, but you know will bring you closer to something that's in alignment with your highest good.

So when you know there's an action for you to take that will move you toward transforming one of your dreams and desires into reality, when fear, doubt, or worry do arise for you (and they almost always will):

1. Acknowledge that you feel afraid. Say to yourself, "Ok, I feel afraid right now. I'm going to stop and take a few deep breaths, and re-center myself."
2. Tell your fear, "Thank you for stopping by, take a seat! But there's something I have to do before I can visit with you."
3. Then, make a note in your calendar (yes, really!) as to when you will make time to revisit and entertain that fear.

Then, go ahead and take the action that there is to take toward your dreams and desires!

Chances are, after you've taken that action, when it's time to keep that appointment with your fear, the two of you probably won't have much to talk about.

As Walt Disney once said: "All our dreams can come true if we have the courage to pursue them."

COURAGEOUS, BOLD & FREE

PRACTICE 2: Make Bold Decisions

Everything starts with a making a decision. No new process can begin, and no new path can be forged, until a decision has been made.

Want to find your dream job? Meet your soulmate? Write that book? Travel the world? One dream is just as worthy as any other.

And, you can sit and visualize and manifest all you want...

No dream can begin moving from the realm of your imagination into your living, breathing reality until you decide for it. And this means to commit to it, with all of your heart and soul.

As Napoleon Hill once said, "Successful people make decisions quickly and firmly. Unsuccessful people make decisions slowly, and they change them often."

Most of us, however, have difficulty making decisions.

We've learned to spend an enormous amount of time deliberating internally or asking others for their feedback and opinions.

The extra time we often invest in deliberating with ourselves and others is merely our fear in action.

By not making a decision, we procrastinate, and by way of procrastinating, we think on some level that we are protecting ourselves from any risks that may be associated with stepping into the unknown.

The truth is, however, that there's an intelligence system connected to infinite intelligence that seeks to guide you toward a life you truly love living. It's also known as your intuition.

COURAGEOUS, BOLD & FREE

99.9% of the time, you'll feel a gut instinct right from the get go about what direction to move in, and what decision to make, almost immediately. It's just a matter of choosing to listen to this instinct or not!

Highly successful people have learned to trust their own instincts. They've learned to make bold decisions quickly and decisively, and then to correct course later on if necessary.

They also keep their own counsel. Rather than endlessly deliberate with others, highly successful people often sit and think or even journal down their own thoughts, to help connect with what their intuition is guiding them toward, and they then make their decisions accordingly.

As Amelia Earhart once said, "The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do."

When it comes to making bold decisions in your life, consider keeping a journal to help you connect with the power that's within you, also known as your intuition.

Also, consider keeping your own counsel regarding some of the important decisions in your life. After all, aren't *you* the authority on what your heart truly desires?

PRACTICE 3: Starve Your Fear and Feed Your Dreams

No matter what's going on for you personally or professionally, remember you have the ability to feed *less* of your energy to your fear, and *more* to your dreams and desires.

COURAGEOUS, BOLD & FREE

Most highly successful people, either consciously or unconsciously, give the majority of their energy to expansive thoughts, not contractive thoughts.

Instead of focusing on what didn't work out in the past, what mistakes they may make in the present, or what potential failures are in store for them in the future, they choose to hold in their minds thoughts of what their wishes fulfilled will look and feel like.

And, because where focus goes, energy flows and results show, they are able to generate extraordinary results in their lives, regardless of what the economy is doing, or what others may tell them is or isn't possible!

Say, for example, you desire to meet your soulmate. If the thoughts you choose to give your energy to are, "All the good ones are taken!" you are giving energy to contractive thoughts.

Instead, you can choose to give energy to a thought like, "There are pockets of amazing people in every town, in every city, and in every country, and my soulmate is out there waiting for me! I can't wait to meet him/her!"

This is a much more expansive thought that, if you continue to give energy to it, has the power to guide you toward golden opportunities to meet your someone special!

You have the power to create a life you truly love living!

Highly successful people know that investing their valuable time and attention into their own growth and expansion is the *most important investment* they can ever make.

COURAGEOUS, BOLD & FREE

They understand that investing in creating new pathways of awareness will help them identify opportunities and achieve better results in everything they do.

This is your moment! This is your time to grow, and your goals and dreams deserve your full attention. And so...

**If you have a sense that there's more to life than what you've been experiencing up until now,
THIS is for you:**

Do you dream of enjoying increased health and vitality, closer and more loving relationships, a more fulfilling vocation, the ability to give back to causes that you feel passionate about, and greater time and money freedom...

But you feel stuck in your present circumstances, and you're not sure how to make your dreams a reality?

If your answer is "YES," the DreamBuilder® program is for you!

Inside the DreamBuilder® program, I'll guide you through the three proven stages of dream-building – Blueprinting, Bridging and Building – the proven, reliable and repeatable formula to creating a life you love living, faster and more easily than you ever imagined possible!

Tens of thousands of people worldwide have already applied the life-changing principles inside the DreamBuilder® Program to transform their lives.

The types of results that people report experiencing after going through the DreamBuilder® Program include:

COURAGEOUS, BOLD & FREE

- Massive increases in income – money and other golden opportunities began flowing into their lives in unexpected and miraculous ways.
- Manifesting the love of their life, that one person who understands them like no other, or taking their existing relationship to new heights of passion and fulfillment.
- Starting their dream business, or taking their existing business to the next level.
- Reaching health and fitness goals that may have eluded them for years.
- Starting charities and nonprofits that give back to the world in inspiring ways.
- Increased time and money freedom, that allows them to finally be able to spend time with, and enjoy all kinds of special experiences with, their family, friends, children and grandchildren.
- Plus much more!

Those who say “YES” to enrolling in the DreamBuilder® Program also receive access to 6 LIVE group coaching calls to help you apply the principles of the program to your life... and a FREE TICKET to my LIVE 3-day signature event, DreamBuilder® LIVE, which is valued at \$1,197!!

To find out more about the DreamBuilder® Program and what it can do for you (including the thousands of dollars of free, life-transforming bonus gifts you’ll receive), go here:

www.dreambuilderprogram.com/YES

About Mary Morrissey

Mary Morrissey is widely considered the world's foremost expert on "dream-building," which is the art and science of transforming your dreams into your reality.

Mary has invested the last 40 years into studying transformational principles, and is the author of two bestselling books, *No Less Than Greatness* and *Building Your Field of Dreams*, which became a PBS special. In 2009, Mary founded Life Mastery Institute, the world's leading training center for transformational coaching.

She has also been featured in the popular documentary films, *The Moses Code* and *Beyond The Secret*.



Together with the Gandhi and Martin Luther King Jr. Foundations, Mary has addressed the United Nations three times, and was invited to co-convene three different week-long meetings with His Holiness The Dalai Lama. She also met with President Nelson Mandela in Cape Town, South Africa to address the most significant issues that our world faces.

Mary also recently spoke on the TEDx stage, and to a packed house at the celebrated Carnegie Hall in New York City.

Through her books, live events and programs, Mary has empowered millions of people worldwide to achieve new heights of spiritual aliveness, prosperity and authentic success.

Here's what others are saying about Mary's work in the world:

"Mary Morrissey stands out in a category all of her own. She has a depth of knowledge that is unparalleled, and she is, without question, one of the best teachers I have ever met in my entire life. This woman has something special!" ~Bob Proctor, star of *The Secret*

"Mary is one of our most powerful and enlightened teachers. Breathe in her wisdom." ~Dr. Wayne W. Dyer, bestselling author of *Manifest Your Destiny*

"Mary Morrissey has been one of my most important friends and teachers. She has a laser-beam ability to recognize and articulate the emergent possibility in someone's life, then take their hand and show them how to make it real. To be exposed to her wisdom is to be exposed to a mighty power." ~Marianne Williamson, bestselling author of *A Return to Love*

