

## Your Path to Success Means Choosing Between Fear or Faith

Throughout your life your path to success and the opportunity to create "unlimited wealth" will depend on whether you choose between fear or faith. At every moment, especially in times of challenges, each of us is confronted with an important choice. Will we allow ourselves to be run by our fears or will we choose instead to be guided out of faith? Many times, as individuals, each of us will be called to face these two choices. We'll be challenged to walk the fine line between listening to fear and allowing it to stop us or to surrender to faith. The choice we make in that very moment will determine the destiny of our future.

Fear is a human emotion that informs us about potential danger. It urges us to protect ourselves, to defend what is ours, to guard our belongings, and our families. Yet, there comes a time when fear ceases to be of service especially when we've done all we can do about a challenge and the outcome of our situation is clearly out of our hands. Therefore, we must turn the situation over to something greater than ourselves and surrender to it to faith. (This has been challenging for me at times when I haven't known what to do about a situation :-)! !

Surrendering to faith is an act of COURAGE which is a divine act that gives us access to realities beyond what we know. This path to success means choosing between fear or faith. When we make choices rooted in faith, we trust that there is a power and an unseen force which is guiding us. We know that we're being taken care of and that everything will "turn out fine." Faith gives us the ability to look beyond our immediate circumstances and imagine new situations for our future.

Faith gives us the strength and reassurance we need that leaves us bathed in the wisdom that we are NEVER alone. Therefore, it allows us to just trust and say, "Even though I feel scared or I'm not sure where I'm going, I am going to trust that everything will turn out in my highest good and to my best interest."

Making the choice of faith is the foundation of our spiritual lives. When we make the choice to act from faith rather than fear, we're able to view the world from a higher perspective. This path to success will mean choosing between fear or faith and at that very moment it invites us to believe in something we cannot see, feel, or know. When we choose to live in faith we're blessed with the support and cooperation of the Universe.

The difference between mediocre success and a breakthrough success is your willingness to face and deal with your fear. When your fear is exposed, you break its control over you. The reality is that fear was never intended to dominate your destiny or control your behavior. Because fear is human--it is in every person's life, exists in every success story, and is part of growing. Fear isn't going away, but it's not fear that keeps you from success. It's your INABILITY to deal with it!

The first step in dealing with your fear is to change your beliefs about it. Change the way you think about fear and you will change your reaction to it. Fear can be healthy when you think about it. It gives you the powerful adrenaline rush so that you will have the ability to flee from a situation that is truly unsafe or the same adrenaline rush to fight to win! Yes, fear is a gift; and it's instilled in you to keep you safe and lead you to faith. So what happened? Why do people allow this gift to negatively control their actions, their beliefs, and ultimately their lives? Well, it has a lot to do with making a distinct difference between your instinct and your intellect.

As a child you would react instinctively to fear. This was acceptable behavior for you then. But, over time, you developed habits of behavior that today cause you to react to fear instead of act. You react instinctively to fear by running from it, ignoring it, sabotaging your efforts, or quitting the very dream you said you wanted. These habits of behavior are programmed into you. To interrupt these negative behaviors you need to use your intellect and act in your fear.

Every person has fear. The successful have learned to befriend their fear. They don't react in their fear. They act in it - walking through their fear.

Questions to ask yourself:

1. Identify an area in your life where you are being held back by fear. Close your eyes and ask yourself, "What is the message that my fear is trying to give me?" What action would "fear" like me to take in order to protect myself?"
2. Next, notice if there is any area in your life that could benefit from a little more faith. Do you have enough faith to ask for what you need? Do you have enough faith to take a risk that may improve your situation? Allow yourself to see what actions you could take this week to build your faith muscle, and commit to taking these faith steps.
3. Name a time when you had to make a choice between "FEAR" or "FAITH" and what was the gift in making the "FAITH" choice? Your path to success and the opportunity to create "unlimited income" means choosing between fear or faith at all times.

## About the Author

Businesswoman, Rose Kirkland assists Women to be success stories and inspiration to others.

Source: <http://www.articletrader.com>