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I act assertively and decisively because my courage easily overpowers my fear.

I sometimes feel fear, but I refuse to allow it to control me. **I permit my intellect to take control and override my fear.** I understand that it is common to experience fear on occasion. I dominate my fear and take the appropriate action.

My courage increases each day. A little at a time, I am becoming better able to deal with fear. I take pride in how brave I have become. I am growing into a stronger person.

Fear takes a back seat in my life. I move toward the things I desire. I take a step backward when fear controls me. This is unacceptable to me.

I make tough decisions with a clear mind. **I choose the best option, regardless of any discomfort I might be feeling.** I know the feeling will leave quickly if I act boldly. I make decisions wisely.

I realize that fear is often irrational. I choose

to ignore fear and rely on my rational mind.

I view the world from an untainted perspective. I weigh the pros and cons and move through life intelligently. Fear is becoming a distant memory.

Today, I am rejecting fear from my mind. I am bigger than any challenge I may face. My courage is stronger than my fear. I am more courageous today than I was yesterday.

Self-Reflection Questions:

1. What are the biggest fears in my life?
2. How does fear impact my decisions and outlook on life?
3. What would change if I could overcome my fears?