



## Things to Ponder

- [About the Author](#)
- [Order](#)
- [About the Book](#)
- [Reviews](#)
- [Readers' Comments](#)
- [News & Events](#)
- [A Prayer for the Day](#)
- [Things To Shout Out!](#)
- [Things to Ponder](#)
- [My Favorite Quotes](#)
- [FAQ](#)
- [Contact](#)
- [Home](#)

### **The Fear Factor**

---

*By Judi Moreo*

What frightens you? What ghosts and goblins of your past are lurking in the deep recesses of your mind? What monsters do you fear are blocking your path to your future? We all have fears. It is what you believe about them and how you face them that will determine your course in life.

There is a direct correlation between our achievement in life and the confidence we have in ourselves. And, our confidence is directly related to how focused we are on our fears. We perform as well as we believe we will. Whenever we feel good about ourselves and are doing well...whether in our relationships or our careers...we are demonstrating our self-confidence. Whenever we allow our fears to influence our actions and, therefore, our results, we give up our power and base our self-image on false ideas and concepts. Many of us are still allowing the fears we had years ago to affect our reality today. Give them up. Challenge yourself to bring your fears out into the light of day. Examine them closely. The clearer you are about what they are, the easier it will be to overcome them or simply let go of them. Often, when we turn on the porch light, the ghost we fear the most is simply a small child shivering beneath a sheet.

You know in your heart you can either accept things as they are or take the responsibility to change them. You will be happier if you feel you have control over your own circumstances. Don't be a victim who sits around being stuck in fear and bad habits...just waiting for your luck to change, believing you are always in the wrong place at the wrong time or even thinking you must wait for the planets to align.

<http://www.judimoreo.com/ezone/archive/2014/0129.html>  
Judi Moreo - Winning Solutions [judi@choicesonlinemedia.com](mailto:judi@choicesonlinemedia.com)  
Posted with permission

