

## Concentrate on how great your life could be

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Are there ever times when you feel afraid?

I don't mean afraid when you watch some scary movie, or afraid of noise in the night, but afraid that you will never be who you set out to be or achieve the goals you want to achieve. This form of fear will paralyze you and make you believe that you are stuck right where you are. It can make you give up and not move toward your greatness.

There are times in life when we all feel afraid of the unknown. We train our thoughts to believe that we will never be the person we dream of being. We can also train our thinking to believe that what we have is good enough. But just as those negative thoughts invade our thinking, you can retrain your thoughts to think positive. Thinking positive is powerful.

Whenever you feel like you have settled for a mediocre existence, just concentrate on how great your life could be if you allowed yourself to dream big and use those positive thoughts. Think of how your life as a great adventure with never ending possibilities. Each day you should wake up and declare that you are one more step closer to achieving your goals. If you embrace the unknown and realize that fear is just for a moment, not a lifetime, you then can move on and achieve the wonderful things that you've planned for your life.

You should always know that you can move on from any situation that you find yourself in. We all get stuck sometimes when we are trying to work hard at becoming the true person that lies in us. With hard work and positive thinking you can fight any fear or doubt that enters your mind. Every time you start to think you can't move on, and that this "is it" for you, just think about how far you've come in your life. Think about where you were when you first started this journey of completion. Believe me it can be very scary deciding to change your life for the better, but it is worth it. If you have decided that you want more for yourself and your loved ones, then don't let the fear of the unknown get in your way ever again. Know that every step you take gets you closer to your goal. But the key is to *move your feet*.

And as always remember, stay focused, stay determined and keep striving for greatness.

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