

THE 9 ELEMENTS TO HIGH VALUE CONTENT EDITS INBOUND ASCENSION

1. Increase the length of your content to around 1500-3000 words+
2. Do this by adding Step by Step walkthroughs of ideas to help them take an action
3. Use multiple images to break up text and help explain ideas
4. Add a hyper specific next step bonus (Covered in detail in the other guides)
5. Reference authorities and studies in your content
6. Use open loops and transitions to keep people reading
7. Stand for something and oppose common misthinking. Have data to back up potentially opposing ideas
8. Use mirror language back to your reader
9. Connect emotionally with metaphors and personal experiences

Fear Is A Friend Of Exceptional People

"I believe a man is a professional when he can do what needs to be done no matter how he feels within. An amateur is an amateur in his attitude emotionally."

A professional is a professional in the way he thinks and feels and in his ability to execute under the most trying conditions" –

Cus D'Amato, Boxing Trainer To Mike Tyson

I have always had an almost neurotic obsession with the sport of boxing

The spectacle of two gladiators going to test their skill, ingenuity and courage against one another in full show of a begging public had me hooked.

From Dempsey to Johnson, Marciano to Sugar Ray Robinson

Each one showed how a man should act in the "most trying of conditions".

Never once does the accomplished fighter show any kinks in their armor, in their control and fearlessness.

But how can we mere mortal use our fear as a tool?

How can we take a weakness and turn it into a strength?

How can we truly become exceptional?

Keep reading to learn how...

HYPER SPECIFIC NEXT STEP OFFER
AT THIS POINT BUILDS CURIOSITY AND STANDS OUT AS HIGH VALUE POST



OPEN LOOPS FOR THE CONTENT TO COME...

SIMPLE TRANSITION

Stoicism Takes Daily Deliberate Practice: Get The 7 Step Fear Fighting Guide HERE along with the Fear Setting/Goal Setting Guide To Download And Use

How To Use Fear As A Tool For Strength And Action

For now lets use boxers as an example

Why?

Because these are just normal people like you and me

ANOTHER OPEN LOOP AND SOME CONTEXT...

But through trial and error, blood sweat and tears, they become something much more

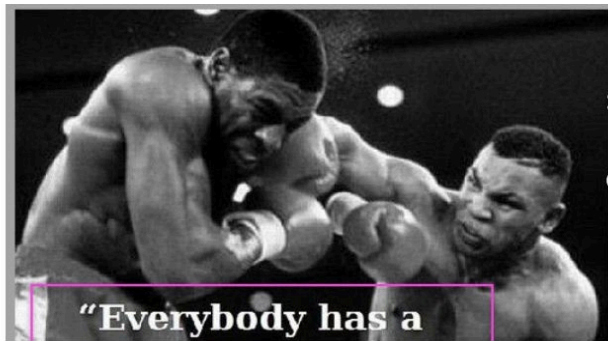


IMAGE AND QUOTE TO BREAK UP THE FLOW AND PROVIDE CONTEXT TO THE READER

(NOTICE THE IMAGE IS CUT IN HALF BY ACCIDENT DUE TO THE FILE ERROR)

APOLOGIES, BE SURE TO CHECK OUT THE HIDDEN VERSION I CREATED ON MY SITE



Watch the first Gatti v Ward fight and you will see raw, unabated and pure courage from both fighters giving it everything they've got.



A saying in boxing goes 'styles make fights'



If you've a skillful, slick moving boxer against a mauler it is interesting to see who will come out on top.

Mike Tyson, a student and adopted son of Cus D'Amato was the ultimate punchers fighter, and at his prime he was literally invincible.



D'Amato had formed the *perfect* fighter...

OPEN LOOP...



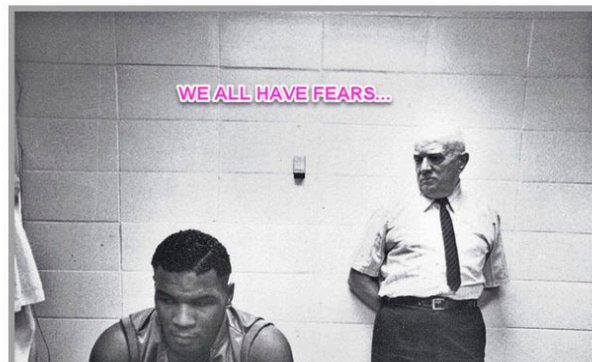
Tyson could hit harder, move faster and sent the very fear of death into his opponent even at the stare down.



But this story is incomplete

Tyson had terrible anxiety and fear before fights...

FURTHER CONTEXT AND EMOTIONAL CONNECTION..



WE ALL HAVE FEARS...



The Mind Will Fail Before The Body: The Need For Mental Resilience

TRANSITION...



Tyson then slowly loosens up his arms by shadow boxing, sniffing up his runny nose and drying his tears he heads into the arena.



He wins in eight seconds of the first round by knock-out.

AHA MOMENT... AND CONTEXT





Tyson learned over time how to use the fear

...not control it, but use it.

Cus D'Amato said of fear,

"You must understand fear so you can manipulate it.

Fear is like fire. You can make it work for you: it can warm you in winter, cook you're food when you're hungry, give you light when you are in the dark, and produce energy.

Let it go out of control and it can hurt you, even kill you...

Fear is a friend of exceptional people".

Cus D'Amato

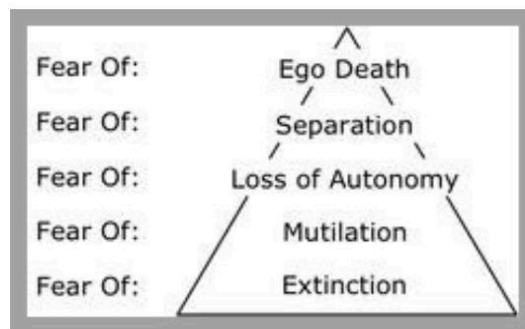
We all struggle day to day with our own fears

FURTHER CONTEXT AND OPEN LOOPS -
NOTICE HOW IT'S STILL ADDING VALUE
AND REFERENCING AUTHORITIES?

They may not appear to be anything like which the boxer feels entering the ring...

But they are just as real

Our fears are just as difficult to manipulate because psychologically, existentially, they are in fact the same



The 5 Core Elements Of All Fears (According To Research By Psychology Today...)

The boxer is going into the unknown; he's going into a battle that he may very well lose

His fight is our own

From the outside it would appear that he doesn't have to do it

But just like the Stoic, the fighter knows deep down inside that **this is what he has to do**

This is the same as we are trying to do every day...



We know we have great potential, we know we have great ideas of how we should live



We know that this short life we have demands much more of us than the efforts we are currently making...



...but we won't even enter the arena.



Well we can change that today

THE ORIGINAL POST ENDED
JUST AFTER THIS AT AROUND
500 WORDS (NOT INCLUDING
THE CONCLUSION)

That quote by Tyson before [had a follow up](#) that most people don't mention...

BY ADDING STEPS HERE WE
ADDED ANOTHER 5000
WORDS PLUS

"It's how you react to that adversity that defines you, not the adversity itself"



Let me show you how...

[HYPER SPECIFIC NEXT STEP OFFER AGAIN...](#)

THIS HELPS BUILD VALUE,
RECIPROCITY, DESIRE, AND
MAKES THE CONTENT
ACTIONABLE...



Stoicism Takes Daily Practice: [Get The 7 Step Fear Fighting Guide HERE](#)



The 7 Step's To Follow To Use Fear As A Tool And Become Exceptional



Here's the thing about stoicism



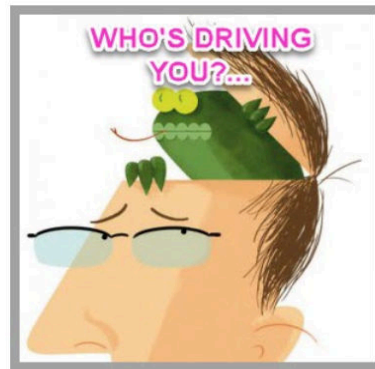
We know as humans that our brains don't always do what we want them to do. There's a holdup in the evolution



We're still working on an outdated system



Like a buggy, beta Windows '98



As stoics we develop processes to try and overcome these design issues



Amor Fati and all that

[SOME MIRROR LANGUAGE](#)



But the thing is it takes time and practice to develop habits. Our brain runs on experiences that happened as children or even our ancestors (Fear of snakes etc)



Which is why **we need to develop intentional practice**

Below I've put together 7 Stoic exercises (And variations) to use when confronting fear



Each exercise is in a logical order of progression. You simply follow one and then the next, in a step-by-step process



In the yellow boxes dotted around you can get a crib sheet for these steps so that when faced with fears in the future, you can remind yourself and work through these systems



Its only with practice that we can reach our goals...

CONTEXT AND TRANSITION...



Step 1: Emotional Detachment/Stepping Out Of The Moment

Personally I love Fear



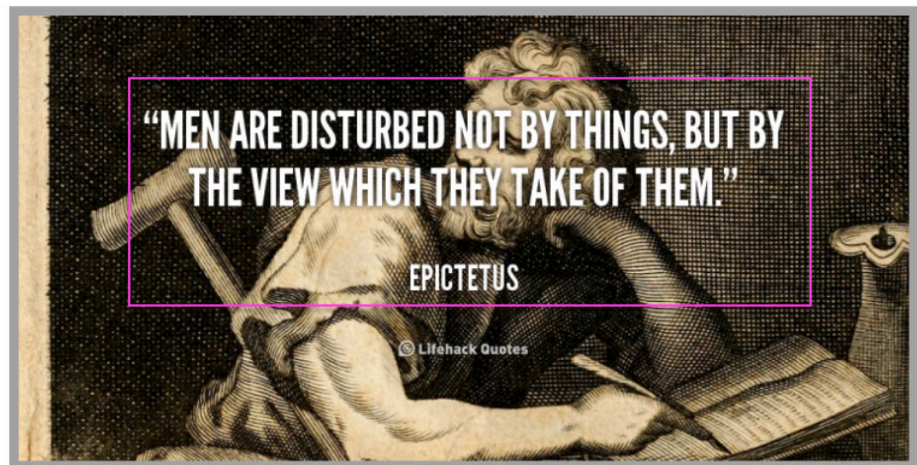
Because FEAR is simply our mind and emotion reacting to a situation



There has always been the acronym F.E.A.R: False Events Appearing Real



We know as Stoics that nothing has emotion or value than the emotion we give to it



Most of our thought processes pass through our lizard brain causing undue fear and apprehension

Even to moments where the 'danger' is simply looking silly in a conversation

It can suck but we can overcome it

The beauty of course is that most people don't try



The fear is so crippling that they never go further



And so those who do overcome fear become exceptional simply due to a statistical anomaly



There are far less of us who are willing to move past what stops us

Who learn *how to use FEAR to our advantage...*



Realization Of Perspective

The first thing to do when facing fear is to try to detach emotion from the situation

Nothing is ever hopeless.

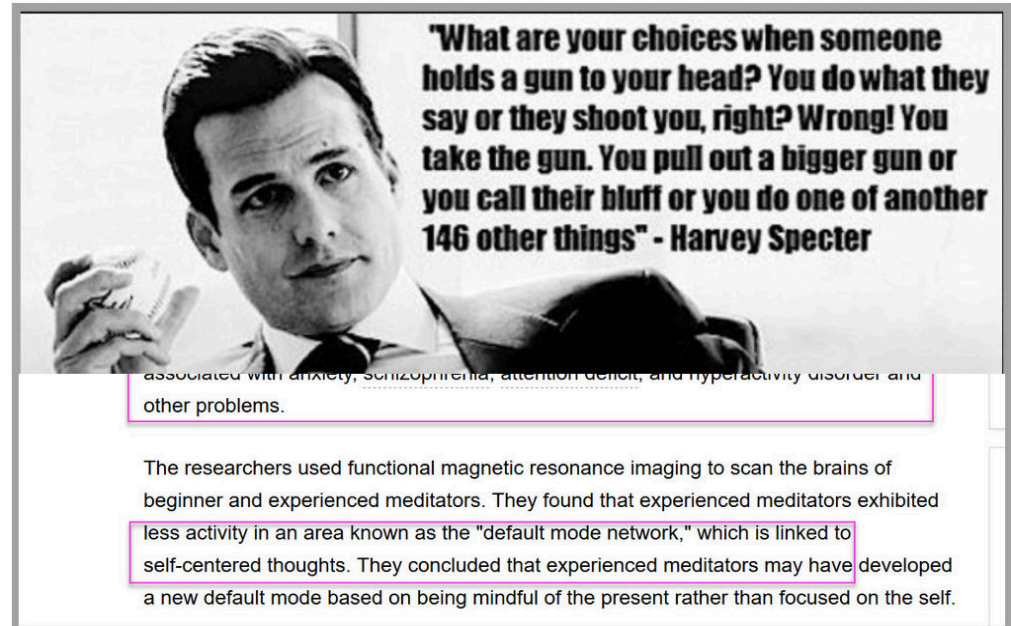
The power in the situation *is what we give to it...*



AGAIN/APOLOGIES
SOME SECTIONS OF THE POST HAVE
BEEN MISSED

THIS IS ACTUALLY 2 IMAGES AND IT
MISSING THE TEXT IN BETWEEN

HERE WE GAVE CONTEXT AND THE
2ND IMAGE LINKED TO PSYCHOLOGY
REVIEWS BY AUTHORITIES - HELPING
BUILD TRUST



Meditation helps you move out of the situation emotionally, so you can then observe the situation *objectively...*

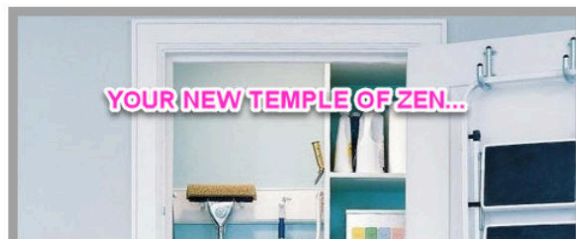
For now we just need a simple exercise:

Find Space

Step back from the problem or situation

Go hide in a broom closet somewhere. What ever you need to do take 5 minutes

Just make sure that you can be there with no distractions



longer (sometimes for many hours)

We meditate like this in three stages to try and help bring you down from this reactionary thinking

But now you have removed your emotion you can start to see the problem for what it really is. You can be objective to whats really happening

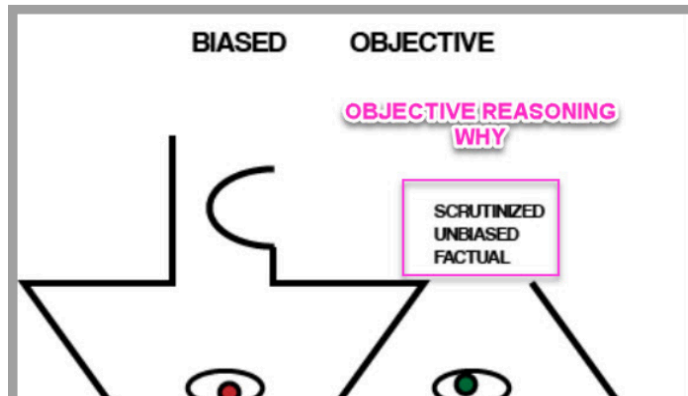
Its time to start solving this problem (In as much as we can control)...

Step 2: Practice Objectivity

Now that you're calm you have the ability to be objective about the actual situation

You need to break down the reasons why you have this fear...

Devoid of the emotional attachment to the situation, what is actually happening?



Tesla didn't have the funds or systems in place right away for that

Rather than give up they focused on producing a high end vehicle first. This cost much more and was for a small subset of wealthier users

But these initial sales gave them the funds they needed to be able to build a cheaper, electric car

Their goal is not to make a fortune. That's just been a byproduct of good business

Elon's goal is to move humanity away from fossil fuels, while also learning about new fuel sources to enable long term space travel

Crazy big problem to have right?

Especially when you're dropped 99% of your own millions that you had, and so are now living on friends couches and instead almost millions in debt...

That's a pretty anxious environment

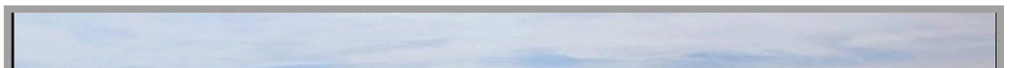
Gave everything into a moment and possibly going to be far worse off afterwards...

But he knew it was the logical first step to deal with. It then gave him the funds to last longer and build the more 'mom and pop' cars for every day users

He isolated the cause of his problems at a core level and worked backwards from there

Because once they are on the market and work better and cheaper than other vehicles, almost everyone will stop using fossil fuels overnight

So next they looked at the main problems why the electric car would be so costly



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It came down to production costs, quality control and the price of the electric battery for the vehicle

So they moved production in house, they improved the quality thus lowering the cost of production

Batteries were expensive but it came down to the manufacturers never really improving their product...

The raw materials were cheap but the people making the battery were expensive

...So Musk took over that also

They produced batteries far cheaper, higher quality and more efficient

Suddenly Tesla is worth more money in 3 years than the 140 year old Ford Motors because they worked backwards from the problem

- We want to go to space
- We need better batteries and want to move away from fossil fuels in the mean time
- We can move people away from fossil fuels by making better electric vehicles
- Batteries are costly and we need to improve them because they keep costs high
- We need to improve the batteries so we need funds
- Lets create a small niche high end vehicle first

See how the main problem was solved by breaking down and solving the smaller problems?

Almost all our fears are like this

A smaller reason behind each other reason. And when you know what it is, you can then work on it

Now It's Your Turn...

Fear Setting To Know Your Fear And How To Use It To Your Advantage

Ask yourself why the fear exists

- What is the problem with this?
- And why is this?
- And why is this? Etc



Keep on asking what the cause is, and what the cause of that is



Because **when you can find the root cause and solve that and everything else falls into place**

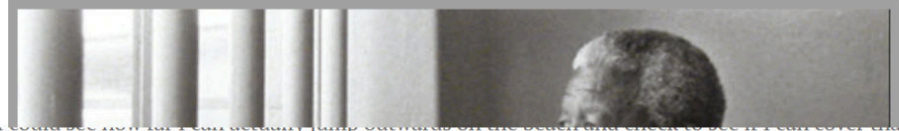
By doing this exercise you then gain actual perspective on the situation



Emotion is taken out of it and the problem is achievable in small steps



With fear setting you can isolate each issue and provide steps to figure out what you can control, what you truly fear, and how you can work through it



I could see how far I can actually jump backwards on the beach and check to see if I can cover that distance



- If an 8 year old can do I should be fine as a relatively fit grown adult right? I can practice doing some long jumps
- What if I freeze up? I could practice jumping in my local pool. Jumping from one diving board and gradually moving higher until I was confident at each level, until it became natural for me to do. In fact doing this each day would help me face a small fear and overcome it giving me confidence boost and a small victory
- I could then do the same at the cliff. I could practice jumping off from lower points and working my way upwards...



See how it works?



The fear becomes less crippling when it becomes a problem you can see how to solve or control

HERE I ADDED MY OWN STORY TO ADD AN EMOTIONAL CONNECTION



Sidenote:

This is exactly how I got over my own fear of heights. I climbed and learned to belay etc



I don't enjoy climbing but I learned to face my fear and created new confidence in other areas



I would go to climbing centre's in public areas and force myself to face the fear in stages



I would practice falling safely (My fear of the fall) focusing on the climb (Not looking down) and focus on doing it in gradual stages



You can face your fears to...



How To Come Back If The Worse Case Scenario Happens



One of the biggest problems is not understanding or visualizing the fear

But after that its not visualizing *how to come back if it actually did happen*



That worse case scenario



AFTER THIS POINT I STOPPED ADDING
IMAGES TO GET THIS POST FINISHED AND
OUT TO YOU

IN REALITY I WOULD ADD THEM AT:

EVERY NEW IDEA
EVERY REFERENCE

EVERY FEW PARAGRAPHS TO ADD
WHITESPACE



HERE I MAKE A STAND AND OPPOSE
USUAL STOIC IDEAS

THIS HELPS ME SEEM MORE OF AN
AUTHORITY AND HELPS PEOPLE
CONNECT WITH ME, EVEN THOSE WHO
DISAGREE WITH ME!



THE WORST CASE SCENARIO...

In the last column you need to write down what you can do if these problems actually occurred

Because if you have a plan back from there, you're fear suddenly becomes far less:

For Example

- **In case I don't make it to the water and hit the side**

I know I can make the distance but just incase I can make sure I have a spotter to check on me as I jump

I can also have someone in the water to be there to help me if needed, and I know where the medical station is in case I need a plaster or stitches (And chicks dig scars)

- **Incase I go too deep and struggle to swim**

I've practiced diving in the pool and should be fine

But I can also take classes in diving and holding my breath. This will make me more comfortable and more likely to have enough air

Again in a worst case scenario I would have someone in the water waiting for me

- **Incase I hit a rock in the water...**

I already know there are no rocks after swimming around the area

But if there were, I know the medical station location and have a spotter

The chances of making a high impact below the water are slim and my feet would hit it first

Worst case scenario I would have a limp or have to sun bathe and no more cliff jumps

- **Incase I look foolish in front of my partner**

If they really love me they will be proud of me instead.

If I look a fool I can redeem myself in many other ways

Simple right?

All you need to do is write down what life might be like if it happens

And then write down what you would need to do to come back from it, to have the life that you have now

Go ahead and fill out your own form (OR wait and get a downloadable one along with this process guide in the yellow box at the bottom)

So now that you have your fears in place and know how you can remove them or come back from them , you now know how to control them

But not all of us are motivated by fear of 'the stick' If anything its why we just avoid it

Some of us need to also know 'What the carrot is'

Its time to go in the other direction and help you visualize why you would be a fool not to beat your fear...

Step 4: Goal Setting For Motivational Action

I'm a big believer in what you focus on comes to pass



Which is why I'm not a huge fan of the stoic practice of negative visualization



Some people will do the last task and visualize the fears and the problems only, so that they can confront them head on



Brilliant

But not everyone is motivated by this



It can help remove the fear of the action...but not get you to take the action



It can help to ground yourself, find contentment in the moment and plan for what may go wrong



All good stoic practices

But at the same time if you want to truly face your fear and use it, then you need to add the 'carrot' component

(Remember most people never face their fears. You can be truly exceptional with just practice)



And so we need to take the fear setting exercise we just did and flip it on its head



We need to compare it to a goal setting exercise

TRANSITION...



Our Brains Work Best When Carrot And Stick Work Together

This is an old marketing trick where you weigh up the pros and cons of an issue



Where you might have failed with this in the past, is that most people usually only list out the pro's and cons



And that's why it's not that effective



You see you also need to measure them both to give them meaning...

By listing your fears, how to avoid or overcome them and how to come back from them you now have a logical plan of attack



If you were to mark them from 1-10 of how bad they are and how much they would affect your life they are often a 1-2 at most



The emotional attachment and anxiety makes them seem so much worse



But by quantifying them you can see objectively how bad they would be

At the same time by mapping out the benefits of taking the actions we fear, we often see that their effect on our lives would be more like a 7-9 improvement



The actual problem?



The f=thing we're scared of?

In reality if it came to pass, it would only be a small inconvenience

in

In reality if it came to pass, it would only be a small inconvenience

But the rewards would be life changing...

f

And so it suddenly puts the actual fear into a clearer perspective

This fear shit is weak sauce!

tw

So for this exercise again we need 3 columns:

in

- In the first column you want to add the best case scenario that can happen when you conquer that fear
- In the next column you want to list the steps you can take to ensure that it happens
- And in the final column, what would happen if you take the action but don't hit the best case scenario

f

tw

Finally we want to give a rating of 1-10 **how this would affect our lives positively**

in

So lets take the same example as before

Best Case Scenario Planning

f

tw

- I LOVE doing it and it becomes something I do every year
- I gain confidence from this that seeps into everything that I do
- Maybe it helps me take the steps at work to get that promotion?
- My partner thinks I'm a massive hunk from doing this and I get lucky

in

Pretty cool right?

All of these are awesome possibilities that can happen from me taking that leap

f

Already it seems a good idea to leap off that cliff

tw

in

So how can we ensure that those things happen?

- Facing this fear and jumping off every day of the summer, I become a truly confident person
- I can make sure that I test myself daily in new ways to help me
- I can also make sure that I start to work against my own lizard brain and take those big scary actions, knowing the reward is bigger than the fear

f

tw

Seems pretty easy to make this happen now right?

We already now how to go about solving the problems from jumping, and now we also know how to ensure we get all those extra benefits if we DO jump...

in

Finally you need to fill out the last column

How Life Will Improve Even If The Best Case Scenario Doesn't Happen

f

- With this new confidence I can address the fears and problems at work and start making myself more awesome
- I can learn to control sales calls, control the situation and not stumble



- I can even learn how new techniques with digital marketing and Facebook to make myself even better at my job



- And finally I can make sure that my partner sees me doing an awesome dive in spite of my fear and is blown away by my confidence...

That's the thing with using fear as a tool



Not many people every surpass it



And the rewards far outweigh any negatives...even if you don't get the perfect best case situation, you're better off in many other ways



(Like shooting for the moon you might hit stars etc)



- You'll enjoy life more by conquering that fear
- You'll get more active and probably swim more, and get in better shape at least
- You'll have more fun and lower your anxiety
- You'll learn to deal with stress better...



Now the final step is put the fear and the benefits into perspective



Measure Our The Pros And Cons

Go ahead and assign a number to both the best case scenario and the minimal benefits from 1-10



Then do the same for the Fear Setting exercise as before



How much more could your life improve compared to the negative ranking?



Looking at the comparison its almost a no brainer to take those actions now right?

If you added them up you probably have around 45 points to do it and only 8 points not to...



In fact if you were a gambler these would be far better odds and ROI then almost any gamble you could take...



The fear doesn't seem so bad now does it?



You have a path to take and you know what to do in either circumstance

You know what you can control and work on, and you know what you can't control. This way you know you don't need to waste emotion on it and suffer twice...



Right now you might be at an impasse



You have the solution but you're sat at your computer



Often great decisions are weighed for years but decided in just a single moment

And here's how you can help make that right decision...



Step 5: Future Visualization (What



Would I be the Best Most Awesome You Do In This Situation?)

We all want to be better

It's a continuing strive to grow. In fact fear is usually what stops our growth

Fear of failure, disappointment, responsibility etc

There is even fear to succeed...

"What if that new job causes even more problems ahhh"

It's usually because of how we've framed these things in our mind

It's probably stopped you from doing what you want to truly do right?

But in a perfect world there's a version of you that took that action

A parallel universe you who faced that fear

There's a quote I read recently

"Hell is not pitchforks and demons.

Hell is when you die and you meet the person you could have become but didn't..."

That's some deep shit right?

So if you could become that perfect person or if you knew that perfect person, you have to ask yourself

How would the awesome me take this action?

What would that perfect version of you do in this situation?

Because truth be told, that's the same action that you need to take

We think that we need to wait to do these important things until someone says it's OK or until a mythical level of experience happens

But in reality the experience comes from taking the action before you're ready

No one else cares about you

We're inherently selfish beings

No one is going to give you permission to take that action but yourself

Actually I lied

You have permission, I just gave it to you

NOTICE HOW WITH JUST A FEW SIMPLE STEPS WE CAN EASILY BULK OUT THE CONTENT AND MAKE IT FAR MORE ACTIONABLE AND USEFUL TO THE READER - THIS IS A REAL ASSET FOR THEM

One of the core ways to succeed is to either '*Fake it till you make it*' or emulation and modelling



We take the action and gain the experience needed



Or we model someone who has taken the action. Someone who has done it before us



This can help with visualization

Like the kids jumping off the cliff **we can see that it can be done**



But in your 'real world' it seems different for some reason

Work based stress and fear... but surely you're not the only person who has overcome this?



There has to be someone you can model?



And that person can be you

The perfect, awesome you that you wish you could be. Because that's how you get there



By doing the things that the awesome person would do



Dressing for the job you want not the one you have etc



So this step is a simple task

Ask yourself

"How did the perfect me get through this?"

How did they face this?..."



We all struggle but the exceptional make use of fear by acting anyway



How can you act like the ideal you?

You've already worked through all the steps for the fear and how to fix it all



So what are you scared of?



Those worse case scenarios?...



Step 6: Live The Fear With Self Denial

A great way to overcome any fear is to live it



Want to start a new job but not sure how you'll cope living off beans on toast?



The easy way to find out is to eat beans on toast for 2 weeks



Test it out



See how bad it really is

Sleep on the floor if you have to



This step really is that simple. Live your fear for a short period and see what its like



Often its NEVER as bad as you think



It can also give you a better idea of how to overcome it when you need to if, and only if, it happened

More often that not the thing we fear never comes to pass



So go buy those beans and eat them for 2 weeks

How bad were they?



Fear Reversal



Do it in reverse also...

We need to see how bad the thing is but also how good the benefits are



You'll see that your rating of them before was probably waaaaay off



The beans was more like a 1-10 in terms of negative effect on your life

And you just saved a bunch of cash eating beans right?



So if that new business becomes a success you could afford to eat out every night

So go try that also



Use the cash you saved to go treat yourself



Because its important to also place focus on what you really want. What you focus on comes to pass remember



Stoicism is not a tool to suffer on regardless

Its a tool to help you overcome any suffering but also live a life beyond our limitations



How good does that feel to go and enjoy those benefits?



And that's the 2nd part of this step



Live out the scenarios and see its not that bad

Because that's all the fear is really



The unknown situation of how it might be or how we might react. Once we know the thing we can defeat the thing



We can use it when others fail to



You know all the steps to take to help ensure the best thing happens



And you know all the steps to take to ensure the bad thing doesn't happen

Now it's a matter of just putting in the work...



Step 7: Take Action Now

You now have all the tools, the systems and the processes

The last step to learn is simply to take action

To breed a habit of understanding the struggles ahead, but to have the steely resolve to act anyway



"All courses of action are risky, so prudence is not in avoiding danger (It's impossible) but calculating risk and acting decisively"



"Make mistakes of ambition and not mistakes of sloth(fear). Develop the strength to do bold things, not the strength to suffer"



Niccolo Machiavelli, from 'The Prince' his book on how royalty should act



Stoicism is not about suffering through



It's not about understanding the fear and being complacent or content to suffer it



Nor is it to know how to act, but to never take the action...

The key really is to see the reality of the situation and take the action you need to overcome that fear



That is the duty you have ahead of you



To quote Ryan Holiday again:

'Action requires courage, not brashness-creative application and not brute force.'



"Our movements and decisions define us; We must be sure to act with deliberation, boldness and persistence."



"Action is the solution and the cure to our predicaments..."



Ryan Holiday, The Obstacle Is the Way



And so that's the final step

You've measured the fear, found what you can control and how to stop the problems from happening

You've measured the reward, you know how to make it happen



You know the pains and the struggles and you've weighed the costs



All you need to do now is to act...

[HYPER-SPECIFIC-NEXT-STEP-OFFER-AGAIN](#)

Stoicism Takes Daily Deliberate Practice: Get The 7 Step Fear Fighting Guide [HERE](#) along with the Fear Setting/Goal Setting Guide To Download And Use

CONCLUSION

Every excuse we make for being in a bad situation, and not changing it, is simply because of fear

We can say this or that, but I am telling you right now –

We can make the time,

We can stop watching fucking Netflix,

We can stop cheating our days away with frivolous activities – which we pretend are important – and **start living a life worthy of true character.**

The potential is within, if we would only allow ourselves to dare peek at it.

The thrill, and dread, involved in tapping that internal reservoir of greatness, and unleashing it onto world, is what life is all about. As [Marcus Aurelius](#) puts it:

“Look within.

Within is the fountain of good, and it will ever bubble up, if thou wilt ever dig”

We are no longer just amateurs, feeling our way through life throwing out light punches –

it’s time to turn professional,

it’s time to start throwing some heavy leather.

[A CLEAR CALL TO ACTION](#)

[YOU JUST GOT THEIR ATTENTION AND INTEREST AND BUILT DESIRE TO DO THE THING THEY HAVE BEEN READING ABOUT](#)

**[ALWAYS
ALWAYS
ALWAYS
GIVE THEM A CALL TO ACTION TO TAKE](#)**

[ALWAYS MAKE IT A HYPER-SPECIFIC-NEXT-STEP-OFFER...](#)

I need you to do 3 things for me

Thing 1: Leave a comment below of times you’ve faced fear and overcome it, so your actions can inspire other readers like you

Thing 2: This takes daily deliberate work

Click this yellow box below to download the daily practice tools to face your fears

Stoicism Takes Daily Deliberate Practice: Get The 7 Step Fear Fighting Guide [HERE](#) along with the Fear Setting/Goal Setting Guide To Download And Use

Thing 3: Share this with those who matter to you. Who you know this can help...

