

Redefining Success: Overcoming Fear, Worry, Doubt, and the Thoughts of Others

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There is power in taking action!

It's time to stop self-sabotaging yourself with fear, worry, doubt, and the thoughts of others, focus on shifting your mindset to become inspired action-takers, and start believing in yourself, giving energy to the things you can control to build the business and life you want.

I'm Bobbi she/her

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The Nature of Fear

Fear is like a wild animal lurking in the shadows, always ready to pounce. But remember, fear is not the enemy. It's a signal; too often, we allow fear to paralyze us instead of letting it inform our decisions. To harness fear, we need to understand it, dissect it, and use it to our advantage.



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TRANSFORMING FEAR INTO ACTION

Turn fear into your ally and catalyst for growth:



Understand what you're afraid of and why. This can take away the fear's power over you.



Fear is not the enemy. It's a signpost on our journey, signaling caution and awareness.



Use as a motivator: Let it fuel you to better. If you're afraid of failure, prepare yourself for success.

Worry: The Mind's Saboteur



Like fear, worry is not inherently destructive. It springs from concern about things we may not control; it often expands beyond its usefulness, stifling our ability to take action. Worry is like quicksand - the more we grapple with it, the deeper we sink. It steals away our wins, overshadowing our current achievements. Instead of succumbing to worry, we need to step back, appreciate the larger picture, and focus on what we can control.



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TRANSFORMING WORRY INTO ACTION

PRACTICAL MINDFULNESS-THE ANTIDOTE TO WORRY



Focus on the Now: Make a conscious effort to bring your attention to the present. This will help you anchor your mind in the now.



Each day, acknowledge what you're grateful for. Focus on the positive, offset worries, and celebrate current achievements.



Accept that worry is part of life, but it doesn't have to consume you. Acceptance can help free us from the cycle of worry.



Doubt: The Invisible Barrier

Doubt is a wall we erect brick by brick with our insecurities and past failures. It represents our lack of confidence and self-belief. This wall is not a permanent fixture in our landscape story. It can be dismantled; it can be climbed over, or better yet, it can be transformed. You possess the power to change, adapt, and overcome. Recognizing and embracing this power can turn that wall of doubt into a gateway to self-belief and success on your terms.



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TRANSFORMING DOUBT INTO ACTION

A STUMBLING BLOCK TO A BRIDGE TOWARD SUCCESS



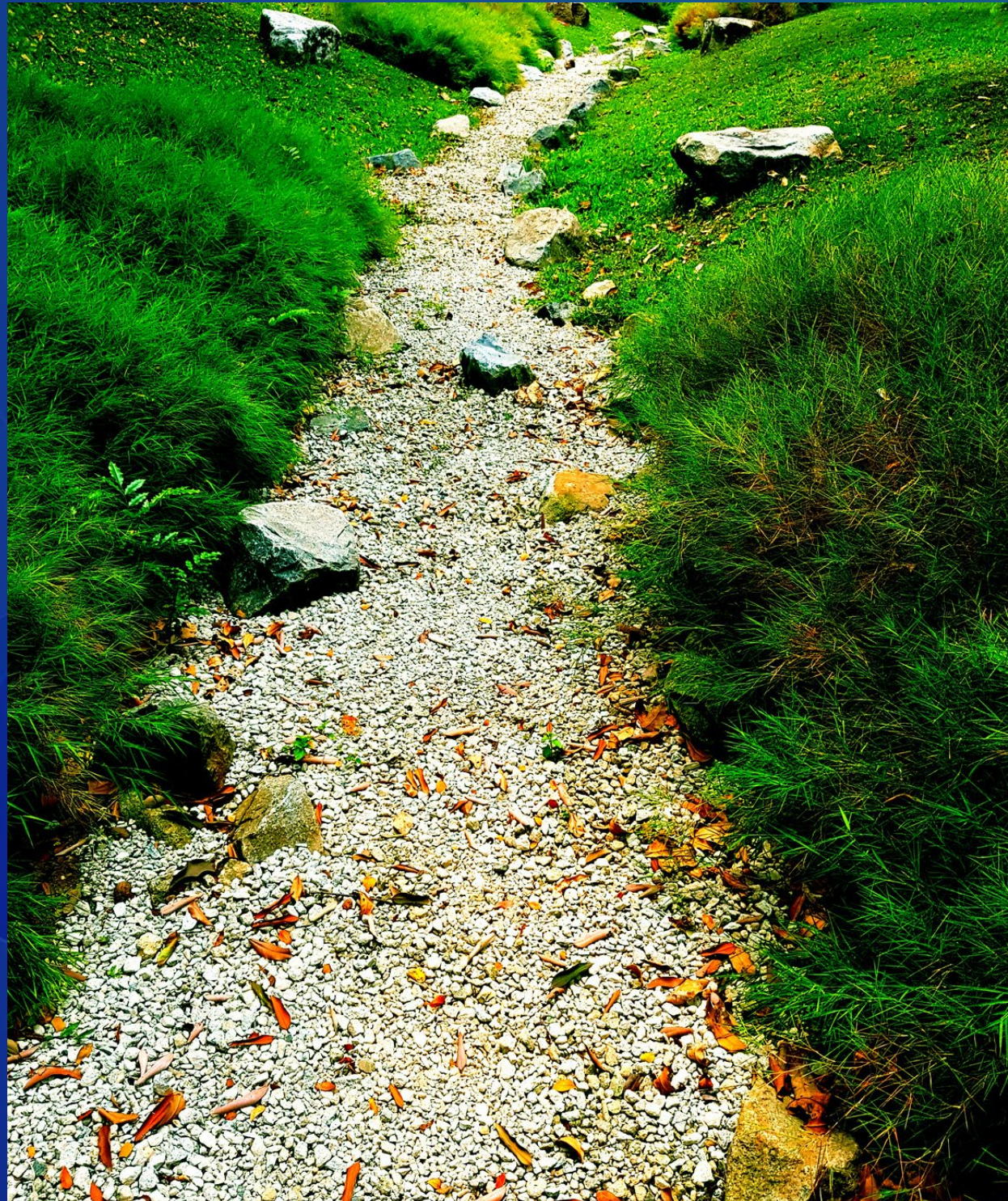
Embrace
Uncertainty:
Change our
perception and
saw uncertainty
as a realm of
possibilities
rather than
threats.



Practice Self-
Compassion:
We're our
harshest critics.
This relentless
self-critique
fosters doubt.
Instead, treat
yourself as your
best client.



Create a
'Success List':
Keep a record of
your big and
small
accomplishment
s. Whenever
doubt creeps in,
revisit this list.



The Thoughts of Others: Pebbles on Our Path

We often find ourselves swayed or even blocked by the thoughts of others. They're pebbles on our path, small individually, but together, they can form a substantial barrier. But *whose journey is this? Yours.* Their opinions reflect their perspective, not your reality. Embrace your journey, step over these pebbles, and continue steadfastly on your path. The thoughts of others don't define your success, but your actions, your perseverance, and your belief in yourself does.



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TRANSFORMING THOUGHTS OF OTHERS INTO ACTION

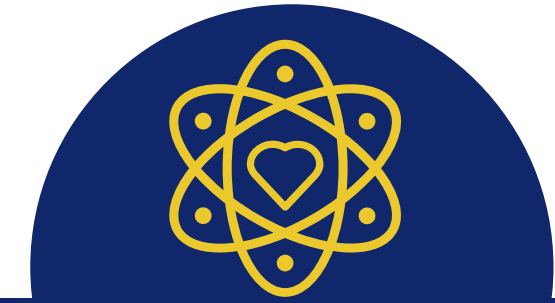
TURNING EXTERNAL THOUGHTS FROM OBSTACLES TO FUEL



Develop a
Personal Mantra:
Create a phrase
or sentence that
embodies your
self-belief,
determination,
and goals for
your biz and life.



The Art of
Detached
Engagement:
listen to their
thoughts, and
consider opinions
but don't let
them shake your
self-belief or
personal journey.



Define Your
Core Values:
Knowing who
you are and what
you stand for
can be a
powerful tool
against the
influence of
others' thoughts.



Turning Obstacles into Stepping Stones

Remember, our obstacles - fear, worry, doubt, and the thoughts of others - are not barriers to success. Instead, they are stepping stones on our journey.

By transforming and harnessing them, we can redefine success on our terms and propel ourselves toward the life and business we want to build.



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Profit, Purpose, Joy The Destination

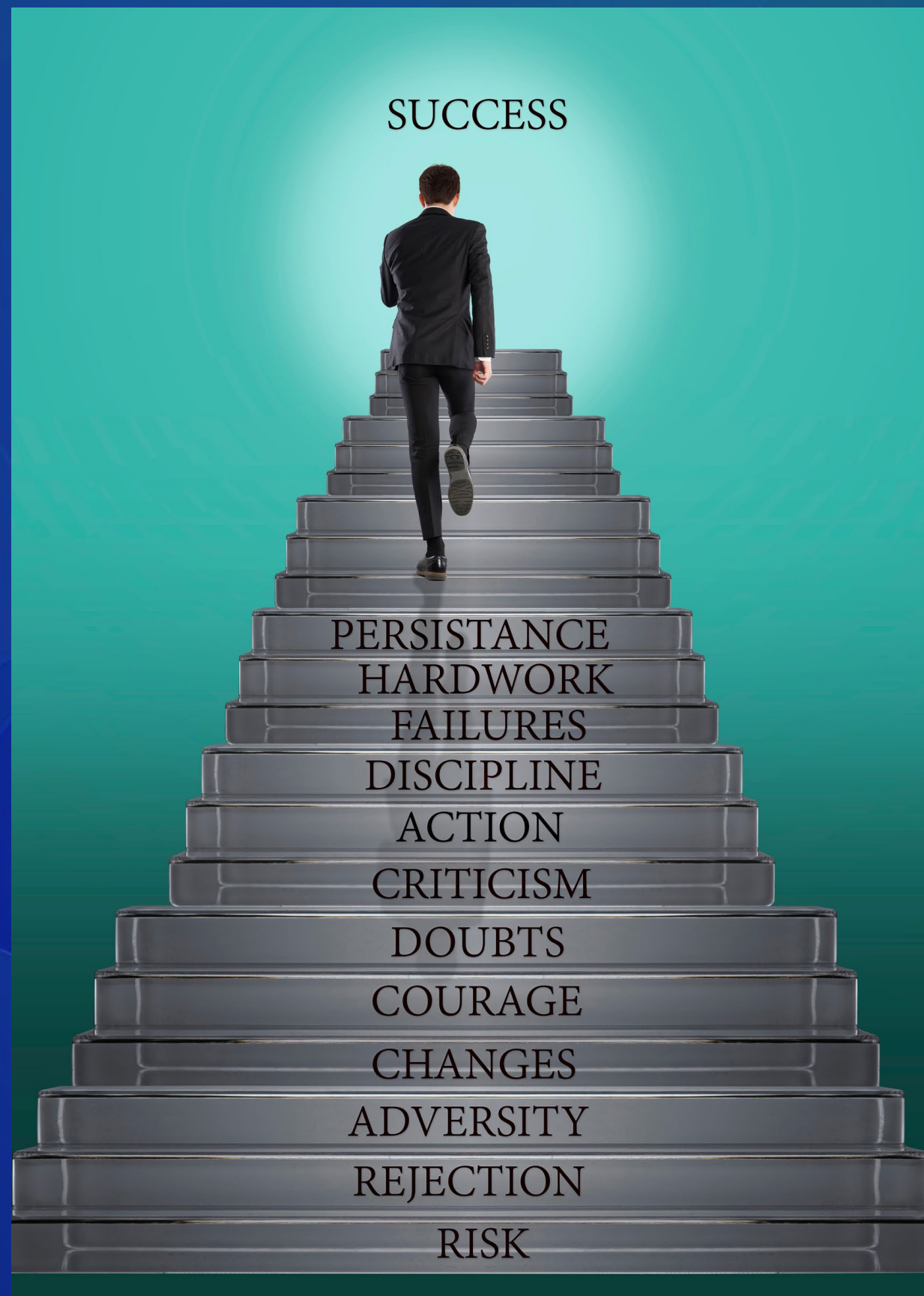
Once we conquer these obstacles, we open the door to prosperity - not just financially but also personally and emotionally. A thriving business brings profit, yes, but also purpose, by contributing value to your community and causes near and dear to your heart. And with this comes joy, the most fulfilling reward of overcoming our fears and doubts.



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The Power Is Yours

The power to build a thriving business and a fulfilling life is within your grasp. By conquering these obstacles - fear, worry, doubt, and the thoughts of others - you are paving the way to the life you want and deserve. Every step you take on this journey, every fear you conquer, and every doubt you dispel brings you one step closer to your peak. You are on a powerful trajectory toward success, purpose, and profound joy. Your fabbo future awaits. It's time to step into your power and seize it.



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The power to achieve starts in our minds and the stories we tell ourselves.

Our thoughts determine our beliefs

Our beliefs determine our actions

Our actions determine our success

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Build a **career** where your
passion and **purpose** provide you
with the opportunity to **serve**.

It's a privilege to tell **ALL Couples Love Stories**,
Representation Matters

Remember to
BE FABBO every dang day.

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For Being FABBO
& the privilege of sharing
this space with you today.

Cheering you on and wishing you all the FABBO
on your journey to building a thriving
event business and a life that you love and deserve
because, after all, if you are doing
something you love it should bring you
PROFIT, PURPOSE, and JOY.

Peace + Gratitude Friends,

Bobbi



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The book cover features a 3D illustration of a person in a blue suit standing on a thin wire that is suspended from a large, metallic anchor. The background is a light blue gradient.

**Redefining Success:
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WORKBOOK

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