

Episode 017

Take Action On What You Want Most Even If It's Uncomfortable

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DIANA HIMES: Welcome, welcome, welcome to today's episode of the **Tough Love for Sensitive Souls** podcast! I'm your host, Diana Himes. I've got another exciting topic planned for us today, so grab a beverage, your notebook, and get comfy!

Hey there Sensitive Soul, I'm so glad you're here! In today's episode you'll hear **why it's important to take action steps forward even if you're scared!**

Whether you believe it or not, it's common to feel scared when you're trying something new. The thing is, you can still take action **EVEN** when you're scared!

I can tell you from experience that in most situations, nothing's ever as scary as it seems in our minds! And that's one of the reasons why I stopped playing the "what can go wrong" game. Each time I focused on what could go wrong, something always did!

When I flipped the script and looked at "what could go right", I was less scared to take action. I also remind myself that **getting out of my comfort zone is brave and that I can't fail.** That's because I know I'll either succeed or learn something new.

So, let's figure out what's making you feel uncomfortable. Which of these 5 reasons triggers a reaction in your mind or body?

1. **Fear of failure will definitely hold you back!** The possibility of not achieving your goals can be scary and make you hesitant to take action.
2. **Fear of the unknown is overwhelming!** Especially when you're not sure what'll happen. Not knowing what to expect can cause you to feel anxious and stop you from taking action.
3. **Self-doubt makes you question whether you're capable of achieving your dreams.** This can make you hesitant to take action, as you're not sure if you have what it takes to succeed.

4. **Perfectionism makes you feel like you need to have everything figured out before taking action.** So you're hesitant to start because you're afraid of making mistakes or not doing things perfectly.
5. **Lack of support from family and friends.** If you don't have a supportive network or someone who believes in you, it's harder taking action towards your dreams.

Understanding the reasons behind your fear can help you work through them and take the necessary steps to move forward anyway. Remember **taking action is a crucial step towards realizing your dreams**, and you can do it, even if it feels scary at first!

One of the reasons that's not talked about as often is the **fear of success!**

I'll be honest here and tell you this is one of biggest fears. And it's probably what holds me back the most! Why do I think that? Because I've done many things to get out of my comfort zone over the last few years and I still feel like I'm holding myself back.

It probably comes from a lack of confidence in my abilities to handle the new challenges that come with success. Or making mistakes and losing it all! And it's intimidating! Then I remember that mistakes and challenges are part of the learning process! And **every experience, good or bad, helps you grow and develop as a person.**

So, what can you do to stop being afraid and take action toward your dreams? Here's are a few tips to help you take action despite your fears:

1. **Start with small steps.** Break down your bigger dream into smaller, achievable goals. Small steps help you gain momentum and builds your confidence.
2. **Create a plan.** Include actionable steps you can take to move forward. Having a plan gives you a sense of control and a timeline for success.
3. **Visualize success.** What does making your dreams come true look like to you? Start believing you can get anything you want, including living your dream. This helps you stay motivated and chase away any doubts you have. A vision board is perfect for reminding yourself of why you're working so hard.
4. **Seek support.** Surround yourself with supportive friends, family, or a mentor. They're the people who can encourage you and offer guidance when you feel stuck.
5. **Embrace failure.** Remember it's a part of the learning process. And it's okay to make mistakes! Use failure as an opportunity to learn and grow.
6. **Practice self-compassion.** Be kind to yourself and give yourself grace as you navigate the challenges of pursuing your dreams. Remember this is a journey! Progress (not perfection) is the goal and it's okay to make mistakes along the way.

By taking small steps, creating a plan, visualizing success, seeking support, embracing failure, and practicing self-compassion, **you can overcome your fears and take action towards your dreams.**

While these tips give you a strategy for getting out of your comfort zone even if you're scared, there's still some things that can hold you back from moving forward.

One reason is due to **past experiences or traumas**. If you've experienced a traumatic event, you may be afraid of similar situations which stops you from taking risks or trying new things. Trauma creates feelings of self-doubt which makes it difficult to take risks and face challenges. When you step out of your comfort zone, you may be afraid of failing or not living up to your own or others' expectations.

Another reason is typically related to a **lack of self-confidence or self-worth**. If you don't believe in yourself or what you can do, you'll worry about failing or making mistakes. Chances are you'll also feel helpless and afraid of losing control or not being able to handle unexpected challenges.

Every day pressures and expectations also contribute to a fear of failure or rejection. If you're scared to disappoint someone or being judged by others, you'll probably avoid pursuing your dreams. Not only that, you'll likely find reasons why going after your dreams takes too much time. But that's not the case! If it's important enough to you, you'll find the time.

Remember **fear is a natural emotion** and it's okay to experience it from time to time. The key is learning how to manage and overcome your fears so they don't hold you back from living the life of your dreams!

Now I can tell you from experience that some of the best ways you can take action even when it's scary is to start small by...

- helping someone in need.
- volunteering for a non-profit organization.
- making time for yourself and what you need.
- taking a walk in nature and seeing the beauty around you.
- learning new things.

I know as a highly sensitive woman that many of us are motivated by doing things for others, being creative, and having a positive impact on those around us. So I encourage you to **be brave and do something you've never done before**.

Each time you get out of your comfort zone, it's easier to do the things that scare you the most. And when you succeed (or learn from a mistake), you're that much closer to **living the life of your dreams!**

OK Sensitive Soul, here's some journal prompts that'll get you started doing what you want most, even when it's uncomfortable.

- What's one thing that I want most right now and why is it important to me?
- What's the worst thing that'll happen if I go after what I want and it doesn't work out?

- What are some of the limiting beliefs that are holding me back from chasing my dreams and how can I reframe them?
- What are the benefits of pursuing my dreams and how can they help motivate me to keep going?

And that brings us to the FAQ of the week...**what's the best way to work through conflict when I usually just ignore it hoping it'll go away?**

What I can tell you is this...conflict just doesn't go away! And at some point it turns into resentment if you keep ignoring it. Another thing I can tell you is that **most people don't know how to deal with conflict**, so you're definitely not alone!

So the next time you find yourself in conflict with someone, follow these steps...

1. **Don't confront anyone if you're feeling emotional!** It's important that you're calm so you stay focused on resolving the conflict. Deep breathing, meditation, and journaling are all great ways to find peace in your mind and body.
2. **Use "I" instead of "you" when expressing your feelings!** You're letting them know how you feel about what they did, not blaming them for it.
3. **Actively listen to their feedback!** This doesn't mean cutting them off while they're talking or trying to convince them they're wrong. It means you're giving them the space to share their feelings with you.
4. **Be understanding of their perspective!** Remember you can't control how they feel, only how you respond. Acknowledging their feelings and concerns goes a long way when resolving conflict.
5. **Say positive things and focus on what you want!** You're working on resolving conflict, so there's no need to rehash what you don't want. It's about moving forward, not going back!
6. **Take a break if you need to!** Nothing gets resolved if the conversation becomes too heated or overwhelming for either of you.
7. **Look for common ground!** Find a way for both of you to get what you want even if that means you agree to disagree.

And my last suggestion is to remember that you've got the choice to either respond to conflict with peace or emotion. Always choose peace and these 7 steps will give you the confidence you need to **resolve conflicts like a pro!**

Are you feeling stuck and not sure what to do next? Then book your **FREE breakthrough session** and let's find a solution together! Regardless of what's happening in your life, this session will give you some practical tools to...

- start embracing who you are.
- help you navigate through daily challenges.
- stop letting fear and limiting beliefs hold you back.

You've got nothing to lose and everything to gain! That's because this 30-minute call has the potential to change the course of your life!

Well, that brings us to the end of this week's show! Now it's time for you to decide what you're going to do differently this week. Take 10 minutes right now and get started answering the journal prompts.

Thank you so much for spending this time with me. I hope you got a few new ideas for doing things differently. Remember, you're the only one in charge of your life regardless of what anyone else says or does.

Join me next week for another episode of **Tough Love for Sensitive Souls**. Until then, don't forget that you've got everything you need to get anything you want!