MYM 201

COURAGE AND BELIEF

YOU CAN DO THIS

MOVE YOUR MOUNTAIN

Yes...I don't know you.
Yes...I don't know your story.
But...I do know this:

You are worthy.
You are important.
Your story needs to be told.
Please never forget these 3 facts.

You…me…We are what makes up the world. We are made to help each other.
We love to know what's going on. It's why blogs, social media, groups and even
TV programs like Extreme Home Makeover exist. The world is one giant
audience that is always waiting to hear the next story or cause.

MoveYourMountain.org

The world wants to hear from you.

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You are going through something? You have an opportunity? I don't know what it is…I just know that it exists. It's why you're reading this. You need answers or help? You need to raise money for something? You're cautious or scared? Well, don't be.

Yes, this may be your 1st time. But it is not THE 1st time. Billions of dollars have been raised with crowdfunding and millions of lives have been improved. For every one of those people there was the scary beginning. But they rallied some courage and a little belief and overcame their situation. If they can do it …You can do it. You just have to learn how.

Courage and belief are emotions. Which means they are a choice. Unfortunately, so are fear, doubt and worry. So let's decide now that you are going to choose courage and belief as your emotions. Be honest - when did fear, doubt and worry ever help you improve your life?

Go ahead…Decide. Courage and belief are your new emotions.

Now remember…new decisions are always challenged by the old patterns. So, let's condition the new empowering emotions and get rid of the junk. It all starts with questions. Questions can lead you to hope and they can lead you to despair. If you let lousy questions run wild they will crush your self image and create a habit of fear, doubt and worry. If you create positive questions you create strong emotions that lift you and empower you.

The real key here is Focus. Questions determine what you focus on and what you focus on determines how you feel. Wrong questions and you feel fear, doubt and worry. The right questions and you feel confidence, courage to try and belief that all will work out.

It's 6am and the alarm goes off. You ask yourself (a bad question) Why am I so tired? Your brain answers any and all questions. It answers - You stayed up too late; You are fat and out of shape (lousy questions get lousy answers). Your brain answers to justify the question. You respond with negative thoughts and roll over cause you are too tired and you are fat.

Better way: It's 6am and your alarm goes off. You ask yourself (a great question) How do I get more energy? Your brain answers - Get up, move and go for a walk, or get up take a shower and eat a good breakfast. Guess what you do? You get up and get moving. You are the same person yet you act different when you ask better questions. When you get up and get moving it's a deposit in the "I Can" account.

Keep stacking I Can and You Do !

It's pretty cool…You can control your focus and how you feel !

Now, let's take it another step ...

and add POWER.

Once you are in habit of being aware of the questions and keeping them positive, take each answer and put it into a phrase you can speak out loud. From the example above:

How do I get more energy?

" I am up and cooking "

As you shower

"I am up and cooking".

When someone asks how your morning is

"I am up and cooking."

Speak it, speak it, speak it…

condition this new focus. Pretty soon

you believe it is how you are….because it is

how you are.

Focus on the great answer... Create a power phrase... Speak it, Speak it, Speak it.

Anything you want to do. Anything you want to be. You can overcome and build a stronger, more confident and believing **You**.

Now go set your fundraising goal. Tell your story with passion and share your story with everyone!

You've got this!

Continue to the next course:
MYM 301

Setting the Right Goal