

***A 3-Step Guide to Help You  
Step Out of Your Comfort Zone  
so You Can Achieve What You  
Never Thought Was Possible***

*by Steve Martile*

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How to Gain Lost Confidence  
And Take a Fearless Step

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*No affiliates or sales messages  
Just Pure Content. Enjoy!*

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## **Warning!**

The content in this report may shatter your old ways of thinking and acting. It may alter your consciousness to the point where you experience sudden bursts of joy and happiness.

*Please print this out before you read it. That way you can start making your own notes on this guide so you can start getting bigger breakthroughs and achieving better results.*

## **Internal Conflict**

Now for most of us we've been taught that the best way to achieve more is by trying harder. You've got to push on through your feelings and do it. Trying harder is how you accomplish more. I'm sure you've heard that before.

The problem with always pushing yourself is that it leads to physical symptoms like burnout, fatigue and exhaustion. The harder you try, the worse you feel and in some cases, the less you accomplish.

Not only does this approach feel uncomfortable, it also creates feelings of frustration, worry, doubt and fear.

Fear is the strongest of all negative emotions. It's a dream killer and it's the reason that many people have trouble moving out of their comfort zone.

As an example let's say you're looking at a new career. You would really like to start writing and being more creative because you want to use more of your natural talents and unique abilities.

On the outside it seems like a good idea, but on the inside you have your doubts and fears. You think to yourself,

"What if I'm not good enough?"

"What if I'm not smart enough?"

"What if I'm not qualified?"

"What if they don't like me?"

"What if I'm too old?"

"What if I'm too young?"

What if, what if, what if? All these doubts running through your mind. So on the outside you really want to take steps to make this new career happen, but on the inside you feel like you're going through hell trying to get there. You feel stuck.

It's where one part of you really wants this new career and the other part is resisting.

## Why the conflict?

The reason for this internal conflict is because ***your thoughts, perceptions and beliefs are out of alignment with your conscious goals and intentions.***

That's what holds most people back. They're trying harder and harder than ever to achieve their goals with their will power alone. But that ends up being an uphill battle because their subconscious programming is out of alignment with their conscious goals.

It's like driving your car at full speed with the brakes on.

When you begin to align the conscious and subconscious parts of your mind you harmonize your goals and you get into alignment. You're still applying the same pressure to the gas, but now you let go of the breaks while you drive.

## 3 Steps to Bigger Breakthroughs

The key to stepping out of your comfort zone and living in total confidence is to start aligning your subconscious mind with your conscious goals.

To do that, there are three steps:

- Step #1: Decide What You Want
- Step #2: Write It Down
- Step #3: Plant New Seeds In Your Subconscious Mind

### Step #1: Decide What You Want

This is the most difficult step. The reason I say that is because many people are afraid of making the wrong decision. They don't want to make a mistake and "look bad" or think that they did something "wrong."

Here's my take on it: the faster you make decisions (and make mistakes) the better.

When I decided to leave my full time job in 2008 to pursue a full time career as a coach, it was one of the most gut-wrenching and difficult

decisions I've ever made. Maybe, even the craziest decision I've made ever - at least that's what my parents, family and good friends told me - that leaving a good-paying job to become an entrepreneur was insanity.

It turns out it was one of the best decisions I've ever made. I have a successful career and I absolutely love what I do.

When you ultimately decide to move your life in a new direction, the Universe will always find an abundance of opportunities to conspire and create this new reality for you.

### **Decision is the Starting Point**

And here's the other side of the coin. What I call "the myth" that many people have been brainwashed to believe. That if you wait long enough opportunities will show up on your doorstep.

That couldn't be further from the truth. The reality is that the sooner you decide, the sooner you will be flooded with new opportunities.

Decision is the starting point. That's the key to it all. Being able to make decisions and do it often enough will always bring you new opportunities - even if it's the wrong decision.

When you make ANY decision you gain movement. This movement creates a contrast in your experience. You're going to get some things you like and some things that you don't like. As you find out what you don't like, you start to get clearer on what you DO like.

The key here is that each decision you make creates more contrast. And the most contrast you experience, the clearer you get on what you don't want and the more attention you place on what you DO WANT.

You see how this works?

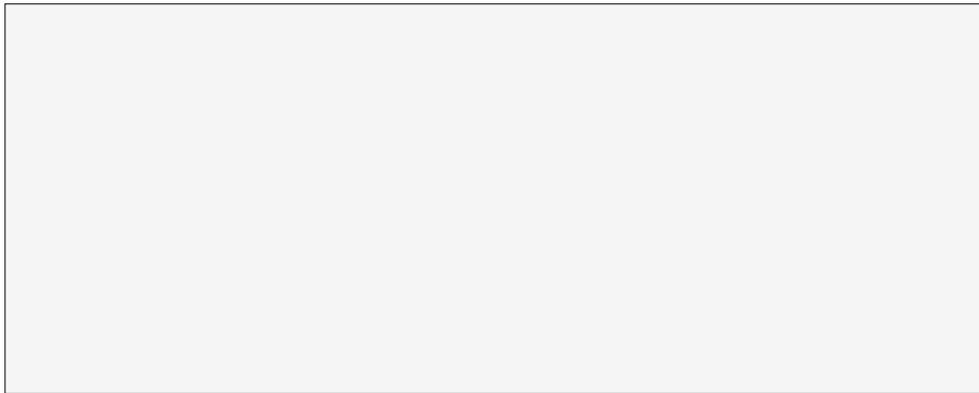
It doesn't matter if it's the right or wrong decision. What's more important is that you make a decision and gain movement.

## Step #2: Write It Down

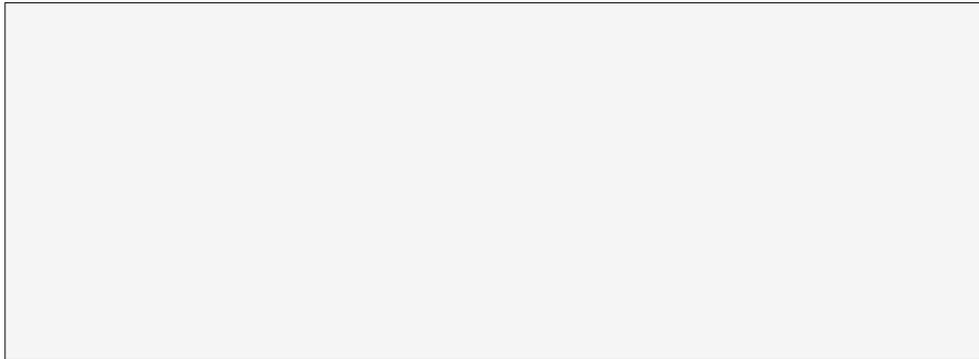
If you want your dreams to materialize write them down. A goal that is not written is just a fantasy – a dream. But a dream written down will manifest into reality.

If you're still unclear on what you want, here are some questions to think about. Read through each of these questions and write out your answers in the boxes provided:

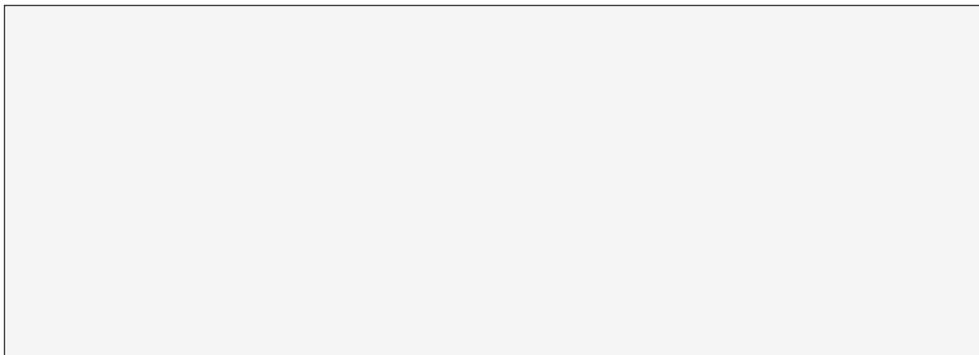
1. What do you want?



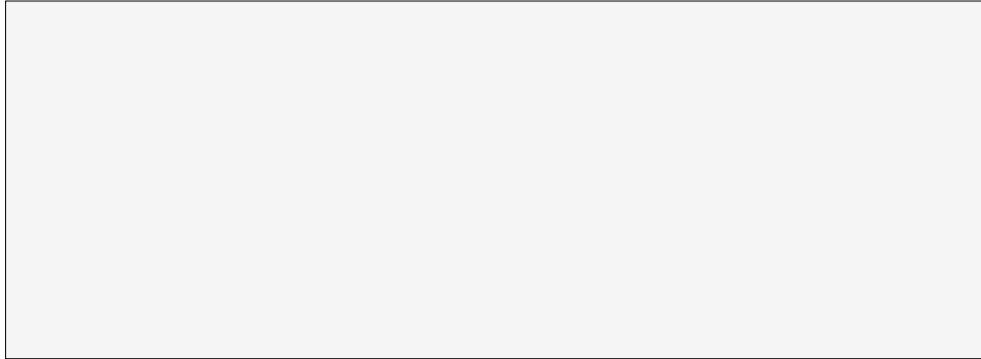
2. In what direction will achieving that take you?



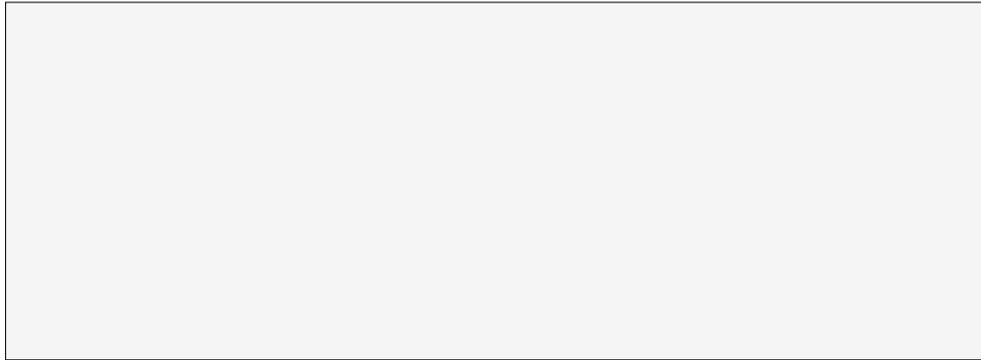
3. What exactly do you want?



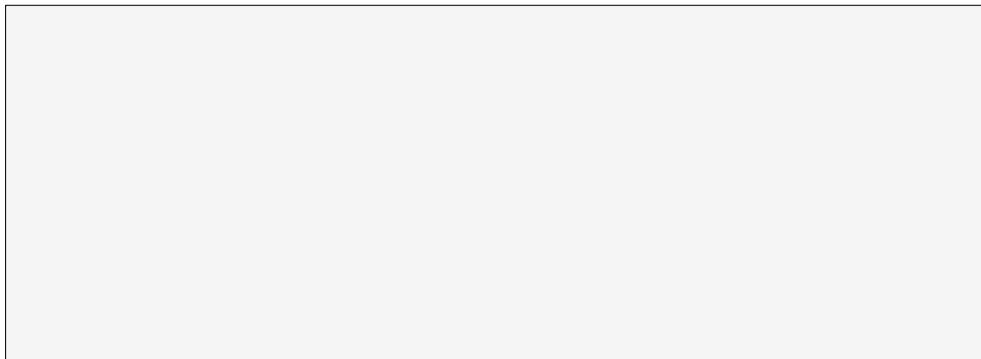
4. In what specific direction will achieving that take you?



5. How will you know when you have achieved that goal?



6. How will you know that you are going in that direction?



Is this what you really want?

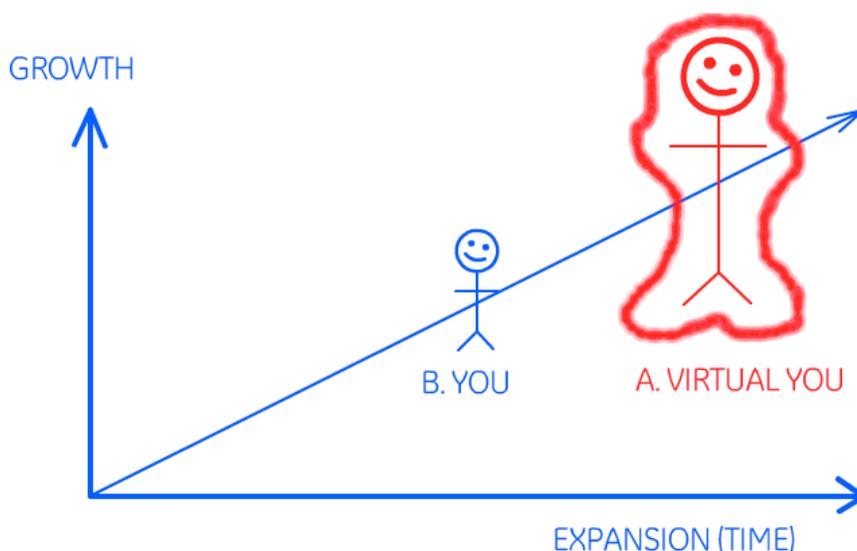
If it is, then realize you are more than 70% on your way to achieving your goal. The hardest part is over. Pat yourself on the back. You're doing a great job.

### Step #3: Plant New Seeds In Your Subconscious Mind

Here's how this works.

As you start to seed new thoughts into your subconscious, your point of equilibrium will shift. This shift will create a virtual you - not the real you - but a digital version of yourself as you wish in your mind.

**Figure 3: Seeding Your Future**

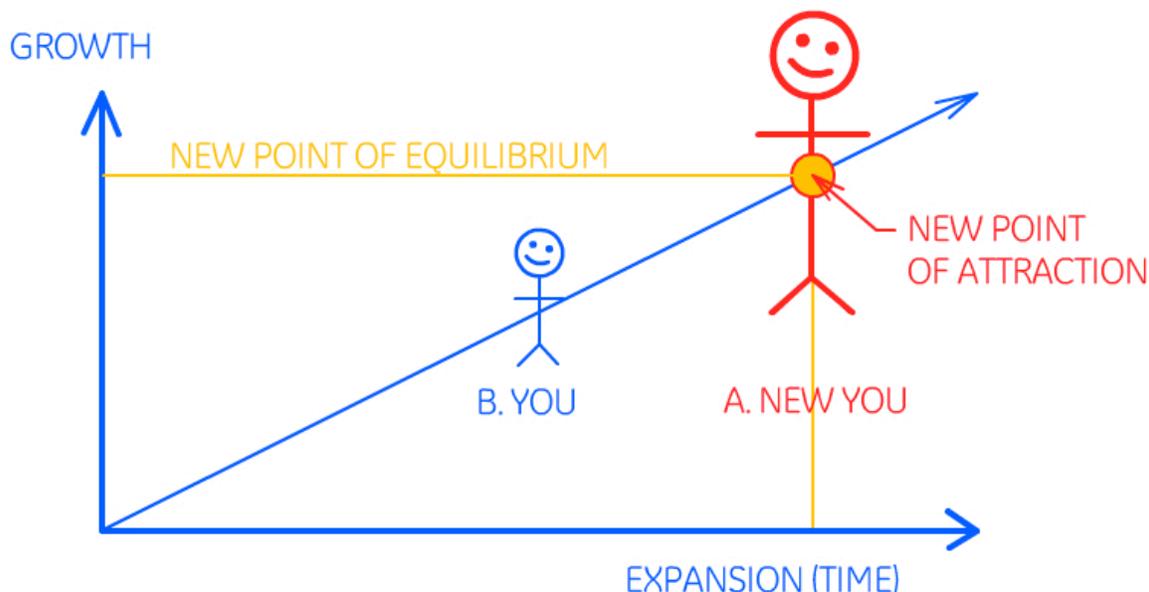


Once you seed the new virtual version of yourself, it will become a stronger point of attraction and shift your future in the direction you want.

So instead of forcing yourself to try harder to overcome your doubts, fears and insecurities, you naturally and easily progress towards the future you want. You easily and effortlessly move towards your desire because you've planted the seed.

Now what happens is that you will naturally magnetize and start to grow in the direction of your virtual self because you've eliminated the only thing that was standing in your way in the first place - your internal conflict.

**Figure 4: Raising Your Thermostat**



Your internal resistance loses its' power because you've given your internal thermostat a new point of attraction; the virtual version of yourself.

*"It is an absolute law of your being, that you must have something mentally before you will ever have it physically."*  
 ~ Bob Proctor

This new point of attraction will naturally pull you towards it – like a magnet - instead of you trying to push up to it. Now you'll be moving with the current in your life, instead of against it (fun!).

This is extremely powerful once you use it.

### **Your Virtual Self**

The real secret to gaining lost confidence and taking a fearless step in the direction of your dreams is to eliminate any internal conflict by creating a virtual version of yourself. This process creates a new point of attraction and "tricks" your mind into thinking it is the real you.

It's a matter of fact. As you start filling your mind with new thoughts you will create a new point of attraction. When that happens,

- Your obstacles fall away.
- Your false beliefs fall away.
- Your past conditioning falls away.
- Your old concerns fall away.
- Your fears fall away.
- Your worries fall away.
- Your doubt falls away.
- And the old version of yourself falls away.

The reason this happens is because you're no longer giving your doubts, worries and **your attention** to your current reality. You've shifted your attention to the virtual you.

By spending even 5 minutes each day in this practice of seeding your goals as if you have them now, you will eventually create alignment between your subconscious and conscious mind.

(After you've completed this worksheet and start seeing results, please send me an email or comment on my blog to share your achievements and success stories.)

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To living your highest life,

Steve Martile, Life Performance Coach