

Destroy Fear

Live Life on Your Terms

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize anything that you currently fear. Visualize it being dissolved or smashed with the power of your thought. See what you want on the other side becoming much easier to achieve.

Tips for Success

Keep a daily journal and record any objective evidence that your obstacles are becoming less of an issue. Record any change in your behaviors that may accelerate your progress.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I release all fear

I am unafraid

I can do anything

I can conquer anything

fear cowers before me

I blast through fear

I destroy fear

I obliterate fear

I waltz through fear

I am excited and happy

the bigger the obstacle the bigger my confidence

the bigger the problem the bigger my resolve

the scarier the situation the more comfortable I am

I am comfortable and relaxed in all situations

I am confident and energetic whenever I want to be

I am powerful and unstoppable

I am powerful and unbeatable

I fear no man

I fear no woman

I fear no situation

I conquer all I face

I conquer all who oppose me

life is always easy

I am always on top

You release all fear

You are unafraid

You can do anything

You can conquer anything

fear cowers before you

You blast through fear

You destroy fear

You obliterate fear

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