

# NO MORE FEAR

FACE EVERYTHING AND RISE



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“Do not let the negativity of this world impact your destiny. Create your own destiny, and impact the world”

## What are your Priorities?

Good morning, rise and shine to all of the Lions and Lionesses out there this white wonderful morning. Two weeks ago I left you guys with some thoughts on the power of time. A client came to me not long after reading that and said to me “Brady, I know my 24 hours are so important, but I just cant find a way to fit me into my life. Between Commuting, working, and taking care of my family I just cant seem to make it happen.”

This situation is not uncommon. In fact we ALL do this thing where we put EVERYTHING else before ourselves. Whats the solution to putting yourself first? CLARITY! Having clarity in your life will help you focus on the things you want and desire. Clarity will also help you create a plan of action towards that goal or dream.

Clarity is created through truly deep thinking in addition to writing. When my client came to me this past week, I handed them a pen a note pad, and we immediately began to write out everything in their weekly and daily life. From the moment they wake up to the moment they crawl into bed.

How does this help? It all goes back to how your spending your 24 hours. Are you sleeping more than 6 to 7 hours each day? How much leisure time do you give yourself? Are you doing activities each day that are preventing you from reaching your goals? Buying that 16oz vanilla latte. Not preparing food for yourself during a long workday and ending up in the drive through.

How much of what you are doing right now is really necessary? I once knew a gal who took a 90 minute bubble bath EVERY NIGHT. That’s some important mellow yellow time, but not every day. Especially when you could be sweating it out at a class or in the weight / cardio room.

Personally, when I was going through my transormation, I had to find the discipline within myself to not spend 2-4 hours per day on the computer or in front of a television. I had to discipline myself to go to bed at 11:00 PM sometimes even midnight and wake myself up at 5:00AM EVERY DAY!

Yes, I was tired. Yes it sucked. Yes I didn’t want to do it most of the time. But that’s life. Life is full of things you don’t want to do. I was not going to let sleep be a priority over my health, and my life. Sometimes you have to tell yourself to SUCK IT UP. Prioritize your life. Make sacrifices. Get over it. Face Everything And Rise.

## EVENTS

~~Tuesday December 12<sup>th</sup> @ 6:30pm~~

~~Find your Focus~~

~~Level 7 Spiritual Center~~

~~\$40 per person. Email me for more info.~~