

THE COURAGE TO WIN

**3 SIMPLE
STEPS TO
BREAKTHROUGH
CONFIDENCE AND
SUCCESS**

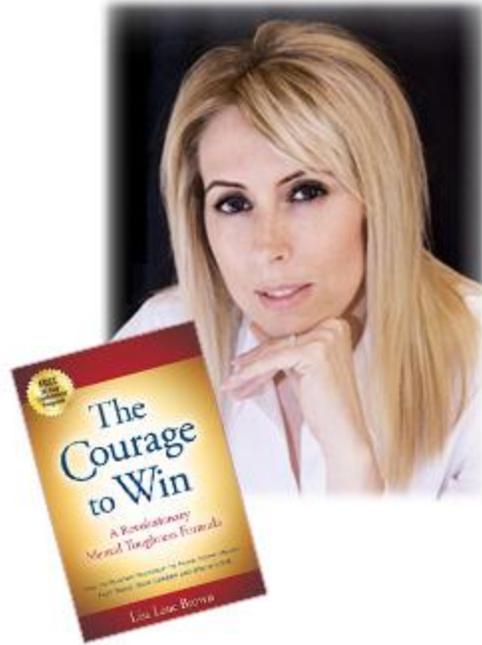
LISA LANE BROWN

[Click Here](#) To Get Access To The Full Instant Confidence Method Course from Lisa Lane Brown and The Courage to Win®

© Lisa Brown & Associates, 2017. All Rights Reserved.

The Courage to Win® Training Guide:

3 Simple Steps to Breakthrough Confidence and Success



“REVEALED: The Three Dangerous Mistakes You May Be Making To Sabotage Your Confidence, Self-Esteem, and Success”

By Lisa Lane Brown

Fear-Proof Yourself: Discover Secrets to Breakthrough Confidence and Success That Many Therapists, Self-Help Experts, and Drug Companies Cannot Tell You

****WARNING:** This Special Report is not for the faint of heart. This material goes way deeper than much self-help rhetoric and will literally 'blow the lid off' what you've been hearing from therapists and drug companies for years. This Special Report is not designed to entertain you. It is hard-hitting and *not* a re-hash of techniques like positive thinking, goal-setting, affirmations, or attraction theory that have already been presented by many authors. Follow the three simple steps in this report, and you will enjoy an influx of confidence and mental toughness – guaranteed.

Dear Friend,

Building confidence seems like it should be easy. But positive thinking can be exhausting, therapy is even slower, and believing in yourself is a whole lot harder than it should be.

[Click Here](#) To Get Access To The Full Instant Confidence Method Course from Lisa Lane Brown and The Courage to Win®

The dilemma?

It's that you cannot create confidence by "ordering" yourself to have it.

Confidence is trusting and believing in yourself.

You operate from the basic conviction that you can – and will -- succeed, no matter what your goal is.

It's a truly wonderful feeling.

But you CANNOT create confidence by "commanding" it (although you can boost it dramatically using simple mental toughness strategies).

Most self-help books tell you that if you want confidence, all you need to do is order yourself to have it.

You're supposed to repeat to yourself things like:

"I feel great today."

"I'm calm, confident, and cheerful."

"Lisa, go out there and be confident."

Sort of a 'fake 'it till you make it' approach.

Exhausting.

...because it doesn't work most of the time.

You can't trick yourself.

Let me repeat: You CANNOT trick yourself and try to manipulate yourself into feeling confident this way.

Here's why...

If you're not feeling confident, it means you're feeling fear, anxiety, or self-doubt.

And when you're afraid, it doesn't work to pretend you're not. It doesn't work because 9 times out of 10, your fear is there for a reason.

[Click Here](#) To Get Access To The Full Instant Confidence Method Course from Lisa Lang Brown and The Courage to Win®

Your body is saying, "Wake up! Pay attention!"

Your body is talking to you. That's what fear is. It's a sophisticated warning system telling you that something is wrong.

And when someone as important as your body is talking, the right thing to do is LISTEN. Listening to fear and then fixing what's wrong is the only way to cure it.

This brings me to the first mistake most people make to sabotage their confidence.

Mistake 1

The Stiff Upper Lip Approach

Most people ignore their fears. They take a 'stiff upper lip' approach to life and pretend their fear isn't there.

The psychological name for this is suppression. You push your fear completely out of your mind to the point where you're not even aware of it.

One person I remember well is Chad,* who came to see me because he had lost his passion for his wife.

Chad had 'no confidence' his marriage could be brought back to life.

Chad had an affair years ago. Since then, he and his wife had been living like roommates.

...Good buddies who got along.

At first Chad scoffed when I asked him to listen to his fear. He said he did not have any fear about his marriage. He just felt numb and this annoyed him.

He had no interest in his emotions. He wanted me to tell him what to say to his wife to improve things.

[Click Here](#) To Get Access To The Full Instant Confidence Method Course from Lisa Lane, Brown and The Courage to Win®

I persisted. I kept asking him to visualize a time he felt connected to his wife (I knew this would bring the fear to the surface).

After many tries in which he felt numb, Chad softened. He finally touched the sadness in his heart about betraying his wife.

His fear was plain. *"I don't know if she loves me...if she will be able to trust me again...if she stays with me for love or security."*

I asked Chad what his fear was asking him to DO. He said, *"I put myself in her shoes and I realize I've never earned her forgiveness."* He left my office to start.

Most people handle fear the way Chad did – by suppressing it.

Personally I think we do this because of the way we're socialized.

Virtually every person socialized in Western culture secretly believes that the best way to deal with fear is the "see no evil, hear no evil, speak no evil" approach.

We tell ourselves to 'get over' our fears, not let others 'get to us', and that fear is a sign of weakness.

We even take pride in our ability to suppress fear, believing that mental toughness means never being scared.

Our friends collude with us. If you try to confide worries to a friend, he'll tell you to cheer up and 'don't worry, be happy'. Your doctor prescribes anti-depressants to cover up your anxiety. If read self-help, it will tell you fear is unwarranted "False Evidence That Appears Real" and that if you are positive and visualize success, everything will be fine.

The stiff upper lip approach is very tempting. At first, it seems to be the answer. We assume that if we ignore a fear it will go away.

This is a grave mistake. Ignoring fear does not cure it.

And, if you continue to suppress your fears, you will drain yourself of confidence. One day you will wake up with very little self-esteem left and wonder, *"What happened to me? I'm a nice, conscientious, hard-working person. Why don't I feel better about myself?"*

[Click Here](#) To Get Access To The Full Instant Confidence Method Course from Lisa Langs Brown and The Courage to Win®

Mistake #1 has robbed you of your confidence, and you didn't even know it was happening.

Mistake 2

Giving In To Fear

In ancient times, when a merchant needed to train his baby elephant, he'd wrap a rope around the elephant's leg.

Then he'd tie the rope to a stake and pound it into the ground.

The baby elephant would struggle and strain against the rope, but he could never escape it.

Later, all the merchant did was tie a rope around the grown elephant's leg.

The elephant would instantly freeze and stay in one spot.

The adult elephant was strong enough to bulldoze an entire house to the ground, but he would stand there as long as a rope was tied to his leg.

The elephant had LEARNED to be helpless.

One of the breakthrough discoveries in psychology this century was that most people give up very easily in face of fear.

The moment we encounter a setback, most of us become helpless. Learned helplessness is a special type of fear that causes us to lose confidence and become passive.

When I was competing as an elite athlete, it happened to me all the time. If I didn't score a goal on my first few shifts, I'd lose my confidence, and Wham!

Hello slump.

My teammates and coaches knew it. They'd roll their eyes and say, "*She's done now.*"

It happens to all of us.

[Click Here](#) To Get Access To The Full Instant Confidence Method Course from Lisa Lang Brown and The Courage to Win®

You try to make a sale, change careers, ask for a raise, pitch an idea to your boss, get your husband to listen, motivate your kids to do homework, or convince your parents to support your choices...

...and you FAIL...

...and you're suddenly infected by learned helplessness.

You give up.

But, you don't realize you've "given up."

All you know is that you feel de-motivated and a bit depressed. Or, you run off and try something new rather than persevere.

Years ago my Granddaddy had a successful business fixing and selling typewriters. He was making money hand over fist.

Then one day two men from the company that supplied him with typewriters showed up.

They gave him an ultimatum: he could sell them his business or they would cut off his supply of typewriters.

Scary?

You bet.

But Granddad made it scarier by giving up.

Instead of getting help from a lawyer, he just buckled and took the deal.

Granddad's life was never the same after that.

Learned helplessness is the secret cause of failure in love, career, and money.

It's a giving up response.

[Click Here](#) To Get Access To The Full Instant Confidence Method Course from Lisa Lane Brown and The Courage to Win®

Most of the time, you're not even aware it's happening. All you know is that you're procrastinating, chopping and changing to new things all the time, or just plain sad.

Your edge, your confidence, and your motivation are slipping away from you, and you can feel it.

Giving in to fear – and giving up – is Mistake #2, and it's the main reason we get depressed and lose confidence in the face of setbacks.

Mistake 3

Not Healing Loss

Sometimes you're facing loss and there is no way to feel BUT afraid.

In these situations, you need to heal the loss by grieving it properly.

Otherwise, you will go through life isolated and terrified to take risks of any kind, especially in love.

A Personal Example

When I was fifteen, my parents split up. My mother moved 2,000 miles away and my father plunged into an intense affair with his new girlfriend.

The first nine months after the divorce, I did not cry. In fact, I did not think about the divorce at all until my sister said, *"Dad thinks you hate him."*

Her words shocked me. As far as I was concerned, I wasn't upset at all. I even prided myself on my stoic nature.

I only broke down once, when my mother said in her most gentle voice, *"Dear, why won't you call me?"*

Three years later, I found myself flipping through a book on self-esteem. I let in a thought I had been avoiding since the divorce: *"I'm not feeling very good about myself."*

[Click Here](#) To Get Access To The Full Instant Confidence Method Course from Lisa Lang Brown and The Courage to Win®

To others, my low confidence was obvious. I was skinny, yet running 6 miles a day trying to lose weight. I didn't have very many friends, and I wasn't dating. Even my unshakable athletic confidence had faltered.

I made an appointment for counseling, where I finally touched the loss of our family. When the tears finally came, my sadness was so great I feared my chest would split open.

I had shut out Dad and everyone else. At the root of my sadness was the fear of losing our family forever.

Most people have no idea how to deal with loss. So, they isolate themselves.

If this describes you, your confidence will be low, because your fear of rejection and 'trust issues' cause people to steer of you.

3 Simple Steps to Breakthrough Confidence

To be a confident person you must accept yourself, warts and all.

This means three things:

- 1. You must face and accept your situation.**
- 2. You must listen to your fear and do what it is asking you.**
- 3. You must heal yourself of loss.**

Here is exactly how to re-store your confidence in 7 days using these three steps.

1. Accept Your Situation

I want you to accept your situation.

What situation?

Any situation you're afraid of right now.

When I say 'accept', I'm not asking you to like or approve of it. I'm simply asking you to acknowledge and face it.

[Click Here](#) To Get Access To The Full Instant Confidence Method Course from Lisa Lane® Brown and The Courage to Win®

Of course, the reason we find it so hard to accept a situation is that it reminds us that we are not the person we would like to be...yet.

When we dislike something, we resist it--and the fears that come with it.

Consider any money, relationship or career problem you're facing. Is your attitude towards it one of acceptance or resistance?

You may be wondering, "*What if I despise something about myself? How can I accept it? And IF I accept it, am I stuck with my poverty, my upsetting boss, or my weight problem?*"

No.

I am not asking you to accept an unsatisfactory situation.

I am merely asking you to acknowledge it. Denial is not going to get you anywhere. The sooner you acknowledge the reality of your situation, the faster you'll be able to change it.

The courage to accept your situation--and yourself--always paves the way for change.

Here is a simple yet powerful exercise to help you. Every day for the next 7 days, I want you to write down the following sentence:

"I acknowledge I am [your situation] right now."

For example,

"I acknowledge I am \$2,000 in debt right now."

"I acknowledge I am 20 pounds overweight right now."

"My spouse is withdrawing from me and I acknowledge that right now."

Now, I know what you're thinking. "*Lisa this is supposed to HELP my confidence. I get upset just looking at my situation on paper!*"

[Click Here](#) To Get Access To The Full Instant Confidence Method Course from Lisa Landrum Brown and The Courage to Win®

The more upsetting it is for you to write down your sentence, the more you need to do this exercise. You will be surprised how much less fear you have in 7 days.

Total time spent? 30 seconds per day.

Record your sentence below:

2. Listen To Your Fear

Next I want you to *listen* to your fear.

Most of us are quite dismal at this.

We judge, condemn, and rebuke ourselves any time we aren't 100% confident and happy.

Tremendous relief comes from listening to your fear, because you do not have to pretend, cover up, or suppress it anymore.

You enjoy an inner relaxation and self-esteem that is heavenly.

And there is even more good news.

When you listen to your fear, it's easy to drill down and discover WHY you feel anxious, stressed, or frustrated about the situation that's bothering you.

Such self-awareness is powerful.

It allows you to DIAGNOSE the root cause of your fear so you can PRESCRIBE a solution for whatever problem you need to fix.

The idea DIAGNOSE before you PRESCRIBE is as old as time itself.

For example...

You binge eat.

[Click Here](#) To Get Access To The Full Instant Confidence Method Course from Lisa Lange Brown and The Courage to Win®

You pretend it's about pleasure, but when you truly listen to your frustration, you correctly DIAGNOSE it's about forcing yourself to do a job you despise.

You get cranky every time you spend money.

You tell yourself it's because the economy is tight, but when you listen to your survival fear, you DIAGNOSE that you've never learned how to increase your income, and that's why spending money scares you.

You get annoyed when your boyfriend is bored when you try to talk.

You think it's because he's inconsiderate, but when you listen to your fear, you DIAGNOSE that he's not enjoying your chatter, but you don't know why.

You're procrastinating on a big report.

You think it's because it's a tough project, but when you listen to your stress, you DIAGNOSE that you haven't thought through the issues and don't know what to say.

Here's how to listen to your fear. Each day over the next week, answer one new question about the situation that's scaring you. Here are the questions:

Day 1

1. When is the last time you "failed" in this situation? Write down what happened, including what you "failed" at.

Day 2

2. Why did you fail? If you don't know, write that down.

[Click Here](#) To Get Access To The Full Instant Confidence Method Course from Lisa Lange Brown and The Courage to Win®

Day 3

3. Who will reject you if you fail again? Write the person's name down.

Day 4

4. Look at the name you wrote down for question 3. What are you afraid this person might think of you? Put the specific thought down.

Day 5

5. What are you afraid to try now in case you fail again?

Day 6

6. What do you need to learn how to do to prevent another failure?

Day 7

7. What is the worst case scenario and how could you do damage control and come back?

[Click Here](#) To Get Access To The Full Instant Confidence Method Course from Lisa Laris Brown and The Courage to Win®

3. Heal Your Fear of Loss

It's actually quite easy to heal the fear of loss if you're willing to summon a bit of courage.

It was a five-year-old named Lyndsay who taught me how to do this.

At summer camp years ago, we tried to take Lyndsay rollerblading, but none of the skates fit her.

Naturally, Lyndsay started to cry.

About this time, Lyndsay's mother showed up (tired and with Lyndsay's baby sister in her arms). "*Lyndsay, stop crying,*" she said in exasperation.

Lyndsay's crying turned into hysterical sobs.

The mother lost her patience completely. "*If you keep this up, I'm going to take you home and not bring you back tomorrow.*"

Lyndsay sat down and paused. After a few moments, she looked up at her mother and said, "*I just want to cry a little.*"

She was only five, but she got it.

When there is loss, the crying IS the healing.

Now, I don't know what loss you fear. But there's a good chance that no matter what it is, the loss you fear **has already happened to you.**

You are afraid of new loss because you didn't properly heal the last one.

By the time the fear of loss shows up in your body, it is already an energetic experience. Therefore, it is useless to resist it. You must let your fear run its course, face the dark night of the soul, and release it. Here's how.

Every day for the next 7 days, think about a loss in your life that still troubles you and keeps you afraid to reach out and connect with people. Close your eyes and relax. Focus on your breathing. Breathe slowly and deeply. Allow the fear to grow stronger as an energetic experience. If you need to weep, do so. If you

[Click Here](#) To Get Access To The Full Instant Confidence Method Course from Lisa Lane Brown and The Courage to Win®

have thoughts that upset you, such as, *“I’ll never have such a great love again,”* or *“I regret starting that fight,”* don’t resist them. Let them in.

Do not be alarmed or worried that these thoughts are true or will remain forever. They are part of the healing process. Let them pass by without worry. Grieve the loss for as long and as deeply as you need to. Your body knows how to heal itself; you just need to give it the time and space.

The Next Step

If you isolate one thing about high achievers that has put them at the pinnacle of success above anything and everything else, it is the intangible mental toughness factor.

Call it confidence, courage, self-esteem or mental toughness--it is the profound ability to stay in control and triumph when facing setbacks, challenges, loss, and adversity. In this Special Report, you’ve already learned more than most people will ever know about mastering fear. Knowledge really IS power, because 90% of success is mental.

That’s why you owe it to yourself to take the next step and fear-proof yourself deeply and permanently. In my **Instant Confidence Method Online Training Program**, you will learn the world’s most natural formula for confidence and self-esteem so you can achieve any goal in 30 days or less. Check out the details here:

[The Instant Confidence Method](#)

I look forward to ‘seeing’ you in the training. In the meantime, send me a Success Story to info@lisabrown.ca. I will get back to you.



Your friend,
Lisa B.

[Click Here](#) To Get Access To The Full Instant Confidence Method Course from Lisa Lar15
Brown and The Courage to Win®

Lisa Brown & Associates
10020 2nd St SE
Calgary AB
T2J 0W4
info@lisabrown.ca
<http://www.thecouragetowin.com>

[Click Here](#) To Get Access To The Full Instant Confidence Method Course from Lisa Lar
Brown and The Courage to Win®

© Lisa Brown & Associates, 2017. All Rights Reserved.