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7 dirty little secrets that will turn you into a fearless legend overnight:

Ever wonder why life seems to have given an indestructible quality to some people and not others?

Well, you're in luck.

Here are some secrets that will have you laughing at fear like a warrior hero who just sunned his balls.

1. Feel your way into uncertainty.

Most of us scaredy-cats think our way into an unknown future, take one sniff, and fuck off out of there sharpish.

Why?

Because we're in our heads, listening to our bizarre opinions about what we think might happen.

They're wrong.

Let go of these thoughts, and find a way to bring a sexy heat to your next steps.

You don't wait for confidence - you move in a way that conjures it.

Reality always moulds to the shape you've chosen.

2. Unlock your belly.

Scared people miss a major trick by turning away from the physical solution to their woes.

They chew on clever ideas in their thick little skulls and wonder why they wake up in a sweat each night.

Hey Daphne, quit sulking and take a look at what's going on with you physically.

Free souls know that tension is mainly locked in the belly, so they address it as follows:

They do a little jiggle, thrust their hips in and out like Elvis on speed, breathe in with thick, fruity gulps, and shudder that tension out.

Huge secret.

3. Reimagine themselves as heroes of their life stories.

True badasses are rare because only a handful of us choose to live life as the main character.

That's right, Jacob.

You could have been a hero, but you decided to moan about your Monday commute.

Kill your inner dweeb, stand tall, and choose to be a fucking hero.

Create that reality at each turn. Every good story is packed full of conflict.

Your life is no different. Now you're really IN it, and your challenges have meaning.

Life can be a cinematic thrill.

4. Get intimate with fear.

The most fearless people aren't free of fear.

They've simply learned to open themselves physically to the feeling with less mental resistance.

What Samuel, the quivering dude at the back of the class, calls fear - gorilla nuts Brad over there calls raw excitement.

It's all about how we interpret our senses.

Become fearless by getting intimate with the feeling with less judgement and a weird sense of love.

Everything will change.

5. Dance with the devil.

Average Joes do whatever they can to make life free of yucky feelings.

But because they never take risks, they create a life far more dangerous than they ever anticipated.

They never made the necessary moves to propel them out of the baaahing sheep masses - so they ended up feeding on scraps.

The fearless dive into scary shit as a safety measure. This results in an enlivening upward spiral.

6. Address problems at the root.

Most of the world do this when they feel a twinge of discomfort: they try to fix it at the surface level.

They drink alcohol when they feel nervous.

They comfort eat when they get home after the new CEO looked at them funny.

Fearless people know that short-term pleasures are like spraying gasoline to douse flames.

Instead, they address the root and go for a walk.

They avoid temptations that make them feel worse and are rewarded with a steady flow of brass nuts energy.

7. Do fewer things masterfully.

Seemingly fearless people know this dirty secret: it's near impossible to be scared when you've done the reps.

No one was born a magnificent TED speaker.

They decided to do something cool and committed to practising it.

A lot.

This is why you get people who are the lamest nerds one year and a crowd-dazzler the next.

Make it easier on yourself.

Choose to focus on less,

And become so good you can't wait for the world to experience your brilliance.



RECAP:

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1. Feel your way into uncertainty
2. Unlock your belly
3. Be the hero of your life story
4. Get intimate with fear
5. Dance with the devil
6. Address problems at the root
7. Do few things masterfully.

Thank you.

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