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Hello Fears!

- Comfort Zones
 - We all have a comfort zone, and they are unique to each person.
 - Comfort zones can expand as we face our fears or contract as we limit ourselves.
- The 100-Day Project [06:11]
- The Difference Between Fearless and Brave [10:30]
 - A brave leader is someone who dares to be clear, vulnerable, and transparent, but is also willing to fight for valuable ideas and welcomes change.
 - We cannot become fearless, but we can all be brave.
 - The best way to empower the people around us is not by hiding our fears, but by showing our own fears and being willing to face them.
- The Last Fear [12:37]
 - Go after the things that feel right in your heart, not being carried away by what may seem more glamorous.
 - Instead of “What’s the worst that can happen?” ask “What’s the best that can happen?”
- Fear as an Ally [16:48]
 - We do not want to eliminate fear, but the more we open ourselves to the unknown, the more we allow growth to jump in.
 - Keep fear in its place and not let it hold us back from making growth decisions.
 - Instead of perceiving every fear as an obstacle, choose to see it as an opportunity.
- Categories of Fear [17:36]
 - We are all born with a set of universal fears.
 - Cultural fears revolve around our need for belonging.
 - Our need to fit in may hurt our authenticity.
 - Steven Pressfield said in his book, *The War of Art*, “Our job in this lifetime is not to shape ourselves into some ideal we imagine we ought to be, but to find out who we already are and become it.”
 - When we compare, we are looking at what everybody else is doing, but when we contrast, we get to see what they are missing.
 - Personal fears keep us from disappointing ourselves.
 - In order to feel good about ourselves, we limit our growth.
 - The enemy of success is not failure but comfort.
 - Comfort is what keeps us from innovating.
- Day 101, Now What? [22:37]
 - Life will always give us options. Choose the growth option.
 - There are two primary systems determining and influencing every decision that we make:

- The behavioral inhibition system responds to risk, stopping us from taking action.
 - The behavioral activation system responds to reward and encourages us to take action.
- To put growth into motion, focus on the reward.
 - What's the best that can happen?
 - The more uncomfortable we get, the greater the reward.
- Write Your Own Checkboxes [29:35]
 - What would you get uncomfortable for?