

How to Conquer Resistance & Fear

5 SIMPLE SECRETS

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How to Conquer Resistance and Fear: 5 Simple Secrets

I'm Pamela Wilson, and I teach people how to build online businesses they love.



The road is long — and there's a lot to learn. Much of what you need to conquer is between your ears!

This short guide will help you overcome resistance and push fear to one side so you can accomplish your BIG online business goals.

SECRET 1

Action counts more than learning and thinking combined.

In business, the only way you truly learn is by taking action, seeing what happens, making adjustments, and forging ahead.

Learning and thinking? They have their place. But don't linger there.

Take action. Sooner rather than later.

SECRET 2

Know your "BIG" and aim for it in everything you do.

To run a business that nourishes you in every way, I recommend you get in touch with your BIG motivation early on — what I call your "BIG." Your BIG is whatever success looks like to you.

Is it revenue? Reach? Flexibility? Meaning? Take the time to define this for yourself so you can point all your efforts toward achieving it.

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SECRET 3

Is that BIG idea scary and overwhelming? Shrink it.

Consider turning your first offer into a Minimum Viable Product. An MVP is a solution that delivers a result. But it's easy, fast, and inexpensive to produce.

Smart business owners don't let their ideas grow so large and unwieldy that they'll take years to build and test.

Instead, smart business owners find a way to deliver a result that's low-cost, low-effort, and *fast*. Then they watch the results, adapt, and iterate.

SECRET 4

Head down. Eyes open.

Building your "focus muscle" is more critical now than ever before, so cultivate your ability to do long-term deep work if you want to create a stand-out online business.

But at the same time, don't forget to look up once in a while. It's crucial to stay in touch with industry trends, which frequently change online. So every so often, take a break, look around, and notice what is changing so you can respond to it.

SECRET 5

Don't grow it alone.

The internet gives us the ability to work from anywhere and create whole businesses entirely by ourselves. But working alone means that we're missing out on the collaboration, encouragement, and support that happen when we belong to a community of our peers. That's why I am SO glad you have signed up for Plan & Grow BIG.

[Join our FREE Plan & Grow BIG Facebook group](#) — see you there!