

**HAVE YOUR 1-MINUTE
TRANSFORMATION!**



**The 7-Step Guide To Permanently
Conquer Your Fears**

ROXANA POPET

**THE 7-STEP GUIDE TO
PERMANENTLY
CONQUER
YOUR FEARS**

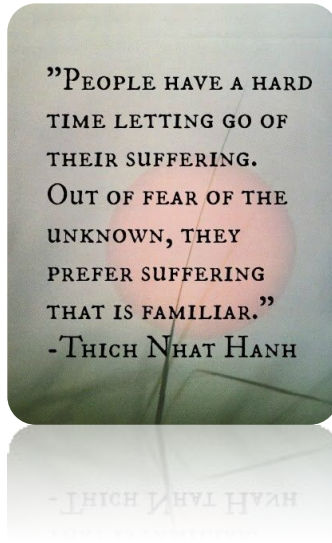
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Introduction: Why Step On Your Fears?



Life is more than mere survival. You can thrive in ways you have only imagined before.

Have you not suffered enough?

Have you ever wondered what it's like to be completely free? To be yourself and not to worry about absolutely anything in the world?

Look around you. Is your life looking as you have originally pictured it?

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Have you ever wished you were free from thoughts that are not yours, free from limiting beliefs that have kept you in one place for far too long? Are you tired of only dreaming of the person you want to be?

Unsure how you can transform your dreams into reality? Do you still feel the burden of the past? Are your negative emotions still in total control of your life?

If you find yourself wondering about at least one of the above questions, it's about time you make a change.

You'll learn how to take your life back into your hands and tame those unwanted feelings that have made you forget who you really are. I say "back" with a strong reason: it's your right! You were born with this right, but somehow along the way you forgot. Life happens. It's up to you whether you want to take the wheel or not.

Stop being the prisoner of your own mind. Begin questioning your thoughts, as if even if they're in your mind, it doesn't mean they're yours and it doesn't mean they're real.

“The important thing is to never stop questioning”.

— *Albert Einstein* —

You will discover that even if you worry and even if you don't... the result is the same! Nothing changes unless you change. Unless you begin to do something, anything, to get yourself out of your old way of being.

You think we're free. But are you really genuinely free to express ourselves as we really are in our hearts?

You may be tired settling with a mere existence. You don't need to “only” survive. You can follow your dreams and be the person that you'll admire most in your life. Be your own hero.

Make an impact in this world. Speak your mind. Stand for the things you believe in. If not now, when? It is said that the graveyard is the richest place on Earth. All those life-changing ideas that could've been put in practice... So many major

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inventions that could've changed humanity. Fear didn't let this happen. Whether it was fear of being judged, fear of not being good enough, fear of not having the perfect plan, fear of being rejected. Fear killed more ideas than anything else in the world.

When you are afraid to do a certain thing, that's when you most need to do it. Making your dreams a reality could only lead to the best life possible for you. There's only one life to live. There's nothing you have to lose, only to gain. Does this sound too good to be true? Just wait, there's even more coming.

What Is Stepping On Your Fears Really

If you met you, would you really respect the life you've chosen?

I hate small talk. So I'll keep it short: Fear is a blessing.

'How come?' you may ask. Here is how I got to this conclusion:

Your story could be my story. There are no coincidences.

I began stepping on my fears because I had to. I did not have this as a goal and I for sure was not expecting I would go into this domain as deep as I did.

I was a simple girl, a translator with a small comfortable life in Romania. I was ambitious, I wanted to be and do more, but I wasn't yet ready to make all the changes.

As time went by and I was not willing to let go of old beliefs, my body began revolting. When your mind is not aligned with your actions, there is a thing called "frustration" that begins to take control.

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Change is difficult, it's challenging. Everyone wants change. But no one wants TO change. Do we really want to change unless we really have to? Well, I sure didn't want to change anything in my comfortable life. I thought I was comfortable, until my frustrations developed into something more serious. That's when I had to begin the "unwanted" changes.

I could either take heart pills for my tachycardia condition at 26 years old, or I could face the fears that had taken control of my entire existence. I chose the latter. It was by far the best choice I made. And in reality, it was the only real choice I had.

The funny thing is that I didn't even know it was fear at first. Fear comes in many shapes and sizes and the most challenging thing for me, as I always considered myself ambitious and strong, was to admit in front of myself that I'm afraid. I was afraid of myself, I was afraid of people, afraid of living my life and most of all, afraid of being responsible for myself. The fears of not being enough and making mistakes were far too overwhelming for me.

I grew up in a simple way in the mystical Romanian countryside and I used to take as the ultimate truth

everything I heard from my family and relatives. When I grew up, the patterns and strategies I learned as a child didn't seem to fit my new city life anymore. What to do? I had no guidance, my family did the best they could, so I created false identities for myself just to fit in, to be liked by those around me, to be accepted. Through both parenting and schooling, you and I are both a product of cultural conditioning. Corporate culture further programmed you. To be the best version of yourself, you need a pattern interrupt. This is it.

Does any of this sound familiar to you?

I had no idea who I really was. I only knew that I am ambitious and that I want more to life than what I had offered myself until then.

When I first began studying the mind and the human behavior, I began seeing fear as the cause of all evil. I was now afraid of... being afraid. I began understanding the negative effect of the undealt-with emotions and I wanted to solve everything I could from my past and get to a sense of feeling OK with myself. And finding out who I was as well.

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Now, I did not have a difficult childhood, I did not have any trauma. I had a severe lack of trust in myself. I had anxiety. I feared people.

This is a type of fear that gets you stuck, because you don't know it's fear. It's a strong pain in your being, a restlessness in your entire body. It's trying to find your place in a room full of needles. It's trying to see the good and happiness around you, but you have dark glasses on. You think everyone is out to get you, you think that what everyone else does is far better than what you'll ever do. It's an excruciating pain that never goes away. On the contrary, it deepens. It gets to such an extent that your body begins to create disease, as the last attempt for you to finally do something. But you can't. You don't know what to do, where to start, you have no idea what's going on. You're in your fears so deep, that you cannot see them anymore. You see a black shadow everywhere. Are you familiar with the saying: "Can't see the forest for the trees?" It's exactly how I felt.

I didn't like at all how either of my life domains were evolving. Relationships were not at all satisfying, there was nothing that I liked in my life.

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And it makes total sense that I felt like this. I was the ultimate victim, that would feed herself on more and more suffering that I would create for myself. I didn't know anything else, I didn't see a different path. I just copied what I saw in others and I thought this is how life is supposed to be.

Throughout the years, I found out that so many people are going through what I was going. We put on a pretty smile on our face and we suffer in silence. No one knows what's inside. How simple is that?

However, it's so wrong! Your heart is crying, your spirit is sobbing. The pain is unbearable, but we adapt. Because we don't know what to do. We don't know how to deal with this. We feel it's bigger than us. And it is. We most of the times suffer for things that are not even ours. We collect emotions and feelings like sponges, as we don't know how to filter out unwanted behaviors. And it's normal! This is what being a human is all about. Fear is normal, it's part of our system. It's **a guide that tells you what to do next.**

As I began my path on personal development and as I discovered that I need to simply DO the things

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I was afraid of, I began to rediscover myself. It was more than this, I actually began to like myself.

Therefore, what else to do than decide to become a speaker at 31 years young? I shifted my entire career. If I had gone through all this fear and came back so much stronger, everyone that wants to be fear-free can do it too!

Neurolinguistic Programming was the tool through which I got my life back in my hands. It has become more than a passion and more than a lifestyle.

As time went by, I began to see the blessings behind each fear I had. I soon realized that fear is a mere **guide** towards your personal growth and evolution. What a blessing in disguise!

You may be wondering, “How come?!”. It’s quite simple and trust me, you’ll completely understand this by the time you have finished reading this guide.

“Of all the liars in the world, sometimes the worst are our own fears.”

— *Rudyard Kipling* —

HOW To Step On Your Fears

*“People living deeply have no fear of death.” —
Anais Nin—*

For now, enough talking. It’s time to take action towards the best version of yourself. A relaxed, empowered, strong you that has finally decided to stop suffering.

What I am offering you below is the gift of releasing yourself from fear. The **exercise** I have prepared for you is such a simple, yet extremely efficient and lasting way of setting yourself free, of unblocking your mind towards solutions only.

“I believe people want a change yesterday, not even now. Keep it simple, direct and efficient.”

— Roxana Popet —

Fear is keeping you stuck. You can’t move in any direction, you don’t see the way out, you’re glued to your old way of seeing a certain situation. Through this intense, yet very easy-to-practice-on-

yourself exercise, we remove the horse goggles and give your mind myriads of solutions to start creating your life the way you have always wanted to.

Most of the times, we know the theory and we know what we “should” do in order to improve our lives and leave fear behind. But do we really “do” it? No, we don’t! This is the reality. It’s not that we don’t want to, that we want to continue suffering. We begin to change our old ways, we try to change, but something happens along the way! It always does. I know I went through this and I have a feeling you did also. Our brain is designed to keep us alive. This is its main goal. Change is not an option.

So why is it that we try and we begin to enhance our lives, but we never finish the process, although we really want to? We seem to stop at a certain point. We get caught up in life. In a life that we don’t necessarily like, but we feel overwhelmed to even think of leaving behind. Am I right... or am I right?

That’s WHY I created something really simple for you. It’s your ticket to a very quick, lasting and

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strong relief from fear. And yes, it's so simple that you can perform this exercise anywhere and anytime you need, by yourself, on yourself!

I will show you the quick steps below. What follows is an exact description of the visualizing exercise, that will help you to put it into practice as you're being guided by me. This exercise is your key to a free mind.

"Everything you want is on the other side of fear."

— Jack Canfield —

The Bag Exercise

Is there a certain fear you want to let go of? Do you want to eliminate frustration, anxiety, grief, pain, shame, anger or a limiting belief?

Choose as many negative emotions that you want to eliminate and let's start unblocking your mind!

1. Relax and get into a state of peace and tranquility, as you breathe in and close your eyes
2. Feel the safest you've been as you see yourself on your own highway



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3. Be a simple observer that sees your negative emotions, patterns, strategies, fears, anxiety, on your highway
4. See a bag next to you that you will use to put in ALL that you decide you no longer want in your life
5. Close the bag completely and thoroughly after you put inside it ALL that you want to eliminate
6. See the bag as small as a stamp and then, as small as an ant. It gets completely insignificant to you
7. Throw the very small bag away forever, where you can never access it, as you forget completely what you put inside it.

How simple does this sound? Once you begin to put it into practice, you'll discover it's even more easy and efficient to master your mind.

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Now, are you ready to leave behind once and for all your fears, frustrations and old patterns that no longer serve you? Are you eager to start seeing solutions only?

I know your answer is a strong “yes”, so follow my guiding as you have all the steps to start over from a new perspective:

- 1. I want you to find a relaxing position, a safe place where you can completely disconnect for a minute and close your eyes. Make sure you keep your eyes closed throughout the whole exercise, as it's very important to maintain focus for this visualizing experience.*
- 2. Close your eyes and completely relax, as you see yourself on your own highway, on the right lane where nothing happens. You have a great state of mind and you're feeling wonderful, as you enjoy yourself a lot by being there. The weather is perfect and you are completely safe. Remember that you are a simple observer and nothing else on your own highway.*

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- 3. As you look forward, you notice a buzz of activity on the other lanes. You begin to see the negative emotions and fears that you want to eliminate from your system. Are there limiting beliefs? Frustrations? Fears that kept you stuck from moving ahead? What do you see there that you want to get rid of, once and for all? It's time to start over fresh and focus on solutions only! Enough suffering.*
- 4. Next to you, you have a bag that's the size of your body. It's a flexible bag and it has the color that you choose. Is it green? Purple? Maybe red? You choose the color of your bag now.*

As you spot a negative item on the lanes of your highway, a certain emotion that you want to eliminate completely from your mind, grab it firmly, and put it in the bag! Once you put it there, it stays there forever. It will never come out again.

Now I want you to do the same with ALL the negative items you want to eliminate from your mind: grab them firmly, put them in the bag where they will remain forever! Take your time

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and make sure you put in the bag ALL the unnecessary emotions.

5. *After you put all the unwanted items in the bag, I want you to close the bag very tightly, thoroughly and completely. It cannot be open anymore, as you no longer need any of the things you put there. You are even starting to forget what you put in there! You have now decided you no longer need those things. You realize you deserve a free life!*

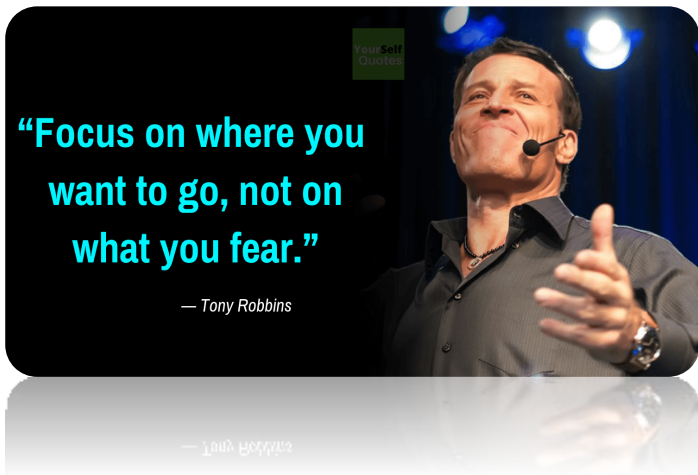
6. *Now I want you to make the bag as small as a stamp. It's so small, so insignificant, that you can barely see it and you have completely forgot what you put in there! Your bag gets even smaller: it's as small as an ant! You no longer remember what's in there.*

7. *I want you now to throw it away so far, that it's lost forever and you no longer have any access to it. You don't need it anymore, you have decided you want to start over with a fresh new perspective. You are embracing change as part of your natural behavior and you feel more relaxed, calm and fulfilled than ever before. You are very*

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confident in your own strengths as your life is back in your hands again.

Come back in the room and open your eyes when you're ready. Take a deep breath and enjoy your new amazing state of mind!



Conclusion: Your Answer To Freedom

How was it? How simple is it to unblock your mind with a very simple visualizing exercise?

Did you enjoy the ride of your own highway, cleaning away all that you **no longer** need?

Are you in a rush? Test the even shorter version of the 1-minute exercise!

Have your **1-minute transformation** below!

Relax and close your eyes. Imagine a bag next to you. Choose a color for your bag. Now put in the bag all of the emotions, frustrations, limiting beliefs that you want to eliminate now. Make sure you put everything in the bag. Close the bag thoroughly, in a way that you can never open it. You begin to forget what you put in the bag. Make the bag smaller, smaller, as small as an ant. Throw it so far away, that it's lost forever, along with the content you put in it.

You are now free from all the unwanted thoughts you got rid of forever. Open your eyes.

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I look forward to getting your messages [on my website](#) about how relieved, happy and full of life and hope you are now, as you unblocked yourself.

What are your **thoughts** after this exercise?

Remember that you can do this exercise *anytime, anywhere* you need to, when you **decide** to let go of anything that no longer supports you, **in a safe place where you can close your eyes**. Notice I say “decide”, as it’s all in your hands completely.

This exercise is the first step to unlocking yourself from your fears. It gives you the opportunity to see the options available to solve a certain matter.

Your life is your responsibility, no one else’s. It’s up to you to create the best version of it and the best version of yourself in the process. You owe it to you to be happy and fear-free.

As you begin to do the things that you were afraid of, you get your personal power back in your hands.

Remember to always step on your fears and embrace change as the best thing that could ever happen to you.

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Be you, be courageous and be free always.

This is HOW you start your journey: [START HERE](#)

See you soon!

Additional Free Resources

Step on Your Fears – Home

<https://www.roxanapopet.com>

[Roxana Popet Youtube Channel](#)

Step On Your Fears – Blog

<https://www.roxanapopet.com/blog/>

About The Author



ROXANA POPET:

Is a Neurolinguistic Programming Trainer and Transformational Speaker whose goal is to support people in conquering their fears through 1-minute transformation exercises and 1-hour NLP therapy sessions.

She has created a visualizing exercise that is the first step in dominating your fears.

She is the supporter of a direct, efficient and easy way in dealing with anxiety, fear and negative emotions.

With over 3 years of NLP experience, Roxana is putting into practice the fastest and most lasting techniques that can help you rewire your mind in order to get the desired results.

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A believer in the saying “Question everything, especially your own thoughts”, Roxana can guarantee a 1 h only session to help you eliminate your fears, if you have **decided** to completely make a change in your life.

She believes that any problem is half-solved, as long as you decide that you have suffered enough.