

Thought Leaders
BUSINESS LAB

EPISODE 292

Overcoming Fear

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Fear is one of the biggest factors holding people back, and overcoming fear is a huge part of daily life as an entrepreneur.

Do you have the feeling that you're not good enough?

Do you have doubts that you're not going to make it?

Whatever you're going through right now, no matter how bad it is, it could be preparing you for the opportunity of a lifetime.

In this episode, Nikki shares how she overcame being a victim of sexual abuse, being broke, and homeless. Today, Nikki is a motivational speaker, author, empowerment coach, radio talk show, and podcast host. She's a living, breathing testimony of the hidden opportunities lurking behind fear and difficulty.

Don't let the fear of failure hold you back. Now is the time to overcome them and build the life that you want.

Nikki's Fears

Nikki started podcasting years back when it was first called Internet Radio. While she was sharing her story and inspiring others, she was in constant battle with her own fears. Her inner critic would be in her head asking, Who do you think you are? Who wants to hear you? Who even cares what you have to say? You're doing all this and no one is listening!

This is the inner battle she deals with regularly. While she was always able to overcome the conversation, external circumstances made everything even more difficult. People would laugh at her, mock her, and even wait for her to give up.

On the other hand, when she started her first book, she found herself in battle against God's will for seven years. That's because she had to face her past sexual and physical abuse. But her biggest turning point was when she heard God say, Do you want me to give this assignment to someone else?

Learning From Failure

We all fear the idea of failing. However, failure is more of a learning and it's unfortunate that we often feel shame around our failures.

On the contrary, there are times that you have to swallow your pride and do what you need to do in order to move your business forward. And there's no shame in it, only courage. In fact, this is life giving us opportunities to take the limit we put on ourselves.

Nikki has been homeless twice as a mother, and the experience stripped her of pride and honor. Unwilling to give up on her dreams, she spent time living in her car, sleeping on a friend's floor, and scraping up some money to sleep in a hotel.

The First Step Is Easier

The first step of going into business is exciting. But as you continue moving forward you'll experience all kinds of difficulties.



The key to moving forward is to be forgiving of yourself and not being too hard. Also, you need to be honest with your fears. If you're afraid, don't be ashamed to say it. If you don't know what to do, don't be afraid to ask for help.

In fact, you need to constantly ask for help and let go of your pride. If you can't afford to hire a coach, look for people in your church, family, or your neighbors who might have the resources or information that you need.

Reach Out For Help

Fortunately, today, there are many groups that you can join for free that can provide you with a constant source of information. The truth is, there are no excuses. All we have is the story we keep telling ourselves repeatedly that holds us from moving forward.

There's an abundance of resources on the internet, the library, and YouTube. Likewise, resourcefulness will help you get to where you want to be as long as you're willing to look for ways to move forward. This will require research on your part, and reviews and testimonials are a great way to establish social proof.

Trust Your Gut

Don't be afraid to walk away if that's what your gut is telling you. Also, don't spend your entire day in research mode - that's also a form of procrastination. Instead, set a time in your schedule to do research in specific areas of your business and reach out for help if you need it.

There are amazing coaches out there that could help you achieve your goals faster. But the key is to trust your gut especially if you feel that something is not aligned with your values, your vision, business, and principles. Remember, you can always walk away and try something else.

Nikki refers to this as Personal Heart Checks. These are self-inventory checks that allow you to identify some decisions that could lower your morals and lead you to go beyond your principles. She has to constantly check in with God about every decision to make sure she's aligned with her purpose and foundation.

Find Your Why

Nikki found her why in her whys. It's in her dark moments that she asked herself, Why me? Why am I going through this? Why does this always happen to me? Nikki has had muscular dystrophy and been in a wheelchair since the year 2000.

While most people see the chair, Nikki found one of her greatest joys as a living contradiction. This means that despite her physical limitations and the fears she's facing on a daily basis, she was able to overcome them and succeed at what she's doing.

Another thing that pushes her to break her boundaries is her love for motivating people. That's why she always shows up smiling and dressed nicely in her wheelchair while living her life and doing amazing things.



Every time she overcomes a challenge, she empowers others.

Your whys are what will get you through the hard times. If you're in a dark place right now, there's something that you either need to learn or that you can use in the future to help someone else.

Stop Living In Someone Else's Box

You have to realize what's important to you and listen to what you should do. The only way to do this is to have a clear understanding of your why. Remember, it's not about other people's impression of what's good for you, but it's your uniqueness and the things that only you can do.

If we were all the same, the world would be chaotic, weird, and boring. There are many voices out there and they are saying the same thing; "You must do it this way." You were not born to be in a box and what works for someone else doesn't mean it's also going to work for you.

The bottomline is to do what you're called to do, get inspiration where you need to get it, do what you need to do but stop living in someone's box. One of the reasons why most people don't move forward is because they're so busy doing what everybody else is telling them to do.

In Conclusion

We all have fears and insecurities. However, it's our willingness to overcome them that makes the biggest difference. Once you know your WHY, only then will your life change for the better and you'll be able to reach new heights.

Most importantly, make sure you check your heart. Know what's right for you because it's easy to get tempted especially if you're in a dark place. Remember that you're a unique individual and you're capable of doing amazing things.

So, go start that business, go start that ministry, and don't let fear hold you back from living the life God created you to be.

Resources

[Process While Waiting On The Promise: Lessons learned from the journey back to me,](#)
Nikki Johnson

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