

Amy Talks About Fear and Doubt With Alena Chapman

This is 30 minute moments. The place for you to break out of the norm and celebrate your life, because what we believe in our hearts becomes our reality. This is 30 minute moments with Alena Chapman.

Alena: Welcome to 30 minute moments and I'm your host Alena Chapman. Today. Today is doubt and fear. Two of the biggest obstacles as we face every time we want to better ourselves or take opportunities. And for the entrepreneur? Oh my gosh. This doubt and fear can actually mean the difference between success and failure, losing money and gaining money. My guest today is Amy Applebaum. Now this woman is the person to go to if you want business success. With her boot camp for the mind, she gives entrepreneurs the advice, action, and motivation to really get results. And to beat that fear and doubt. And Amy, hello! This doubt and fear thing, I'll tell you, it keeps people back. But first of all, I want people to know how busy you are. You know that?

Amy: [laughs]

Alena: You're not just all focused on just, you know... you wake up in the morning and all you have to think about is your business. No! Miss Amy you are a busy lady with a sweet little girl. How old is she?

Amy: She just turned 5.

Alena: Oh my gosh. I remember those days. [laughs] And she's a wife and a mother. But she's also an entrepreneur of her own business. And she's very focused, guys. She's very driven. And she's completely grounded. This is a very difficult combination to achieve on a daily basis. So, the first question I have for you Amy is: what's your secret.

Amy: My first honest answer will be... I want to laugh and say I'm not always successful as this.

Alena: [laughs] No?

Amy: Um, you know. I'm not sure that there's a secret, perse. I think that there are a few things that we have to know in order to somehow stay focused, driven, and grounded because that combination... As you talk about it, it makes me laugh. Because it is a constant battle.

Alena: Yes.

Amy: And if you're someone who's naturally zen and grounded and .. sometimes that's not synonymous with being focused and driven. Whereas if you're focused and driven, that doesn't always equate to being zen and grounded. Because some of the qualities that you need in order to inhabit those qualities and adopt those qualities and live those qualities go against each other. So, for me, what I'd like to share is number 1 you have to be committed to being focused, driven, and grounded. It has to be a commitment that you actually make. Like, I want that.

Alena: Right.

Amy: 'Cause being focused and driven and say say type A and you're moving and action and... I can do that in my sleep, right?

Alena: Right.

Amy: But trying to be grounded about it is a whole nother conversation. So the first thing is is you gotta make a commitment that that's what you want. That you want to be able to show up grounded. And then you have to be mindful, which would be the second point of your behavior and these commitments. Because if you're not mindful of how you're not being grounded, or how you're doing things that lead you to maybe a chaotic space, then it really makes no difference.

Alena: Exactly.

Amy: Getting grounded gonna be nearly impossible because you're not mindful of the things that you do that actually create chaos in your life.

Alena: Right.

Amy: So, first you've gotta make a commitment to wanting to be grounded while also focused and driven. And then you've gotta be mindful of your behaviors and those commitments. So what that means for me, personally, is... Well wait, there's the third part. The third part is is once you've noticed that you're not behaving in a grounded way or the opposite - you're grounded but you're not acting focused and driven - is you have to actually make a choice to adjust...

Alena: Yes.

Amy:...once you notice.

Alena: Exactly.

Amy: Is to adjust your behavior. And these all seem like rudimentary. Like, duh. Of course this is what we have to do. But the reality is doing it and thinking about it are two totally different things.

So, for me... Alena, what I like to do is when I walk into my office, I sit down and I make my commitments for the day.

Alena: Mhm.

Amy: And I don't make 100 commitments and I don't, you know, spout off 25 mantras. Because that will just bludgeon my brain and be difficult to focus on throughout the day.

Alena: Right, right.

Amy: So I make my commitments. So, if it's about being grounded, focused, and driven then make that commitment. Today, being focused and driven is easy for me, so I'm really gonna work on being grounded. Staying patient. Remaining calm when things get amped up.

Alena: Mhm, good.

Amy: I make the commitment out loud and then I post it somewhere. So, everyday - I've got this big, glass, beautiful whiteboard in my office - so, whatever my commitment statement is for that day, I put it down so that I can see it all throughout the day.

Alena: That's good.

Amy: And then when I notice myself getting semi, maybe, hysterical or in a non-grounded state, I stop. And sometimes that means I have to put somebody on hold or tell them that I'll call them back, if it's happening in a moment. But I need to walk away.

Alena: Right.

Amy: Those are the ways that I handle it. That's my secret. I'm not always successful at it, but I work at it all the time. And I would say, at the end of all of this, the most important thing is you've gotta practice.

Alena: Right.

Amy: You can't get good at being anything if you don't practice it, because it's not in your bones.

Alena: Well, and Amy... we-we're an evolving people. I mean, we are always learning. We're always growing. And so these mistakes... they... number one, I don't want people to think... and don't... you don't beat yourself up if, you know, you make that, uh... one time you get a little haried. You just say to yourself, OK. Next time I'll do better. You know? I've got this. I'm committed to it. It's gonna happen.

Amy: Yeah.

Alena: We all make mistakes, but you know what, I'm gonna do this.

Amy: Yeah.

Alena: I'm still committed. And I think having it hung up somewhere, you know, on your mirror or on your desk or wherever.. y-you're... you've got that commitment. I'm one who always says, "Have something." Whether that's values for your family or the values for you or you commit... have it written down where you can see it. Because it reminds you, when things start to get really, kinda crazy, to look and say, Hey, wait! This is what I wanted to do. I love that idea! And yeah, juggling a lot of balls in the air, it does take a lot of learning. So we're all with you on that. [laughs] Let's um talk a little bit here about the fear, because fear tap dances around us in our lives all the time. And everything we do... eh, sometimes some people actually get that, what I like to call, fight or flight, um, constantly. Just driving down the road. Others get it before they go into a meeting. Others get it when they have to talk to their boss. Others get it when there's an opportunity. But all the sudden that stomach starts going and the critic in the mind starts acting up and they're thinking, OK, I can't make this decision. W-what do I do? What do I do? What do I do? And, and-and it gets very hard. So in your opinion, this fear.. do you find it, or do you work with it, as either a deterrent or a motivator? Or, do you use it as both?

Amy: That's a really great question. [clears throat] You know, I think... first and foremost, we need to realize that everybody is scared. Like, that's the big secret.

Alena: Yes.It is.

Amy: Because if you're stepping outside of your comfort zone, that's typically when we experience fear. And I would, for the purposes of what you just asked, kind of push aside any ration.. uh... what I would call rational fears. Fears like, a car is coming at you.

Alena: Oh, right.

Amy: Like, that's real fear.

Alena: Yes.

Amy: Um, that's real fear, right?

Alena: Yes. That is very real.

Amy: But we have a whole bunch of irrational fears, which I think are the ones that you're really alluding to....

Alena: Exactly.

Amy:... when we're about to do something that we're not maybe comfortable with or that's stepping outside of our comfort zone and...

Alena: Exactly.

Amy: So the.. so I would say it's what you choose. Meaning, you can use fear as a deterrent or you can use it as a motivator. I... everybody is scared. I mean, I have worked with entrepreneurs all over the world. Different religions, cultures, ages. And-and they're all scared. And that's because they are stepping outside of their comfort zone. It doesn't matter. If-if they are pushing out of their own boundaries, that fear is gonna come up because life is scary.

Alena: Mhm.

Amy: So I think the first thing that we really have to do is that expect that it's there and I think so many people out there are trying to get you to either... kinda move past it or pretend it's not there or get over it? And I don't believe that you can just get over fear. I believe that fear is part of life.

Alena: Mhm.

Amy: And it happens before, typically, something... I-I like to choose that fear is something that happens right before something incredible is about to happen.

Alena: Exactly.

Amy: Whether that means you're gonna grow, evolve, learn. You know...

Alena: Exactly.

Amy: ...step into something that you never have before.

Alena: Yes.

Amy: So, you know, whether or not I would say use it as a deterrent or a motivator would really depend on the circumstance. I-I think what we're choosing is to take action, or we can choose to take action, despite fear.

Alena: Exactly.

Amy: So, I have some steps that one could take if you want me to share them.

Alena: Sure.

Amy: So the first thing, now that you kinda know my philosophy behind it, is you've gotta acknowledge it. So when you experience fear, really take a moment to just notice it's there. because sometimes we like to pretend like it's not there or try to shove it down. And all that does...

Alena: Mhm.

Amy:... is make is worse.

Alena: It doesn't work. Yes

Amy: So you've gotta first acknowledge it. And then, this may sound silly but trust me, it works. You wanna give it a name. And, in fact, I would say that anybody out there who has a business, give fear a name. It's something... 'cause you wanna really start to build a relationship with your fear like it's an entity.

Alena: OK.

Amy: Of itself inside of your body.

Alena: You know... that's interesting.

Amy: Right?

Alena: Because I know a um.. psychologist, she actually is very big up in Toronto, and she says, and I learned this phrase from her, "Name it, you can tame it".

Amy: That's right!

Alena: So, if you name that fear, guess what? You can tame it. That's very cool.

Amy: Well, and what also happens, Alena is that when you do this, you actually begin the process of separating yourself from it.

Alena: Yes.

Amy: So in the moment that you give it a name, it-it feels separate from you, right?

Alena: Yes. Yes.

Amy: And if you separate from your fear, then you can look at it, you can evaluate it, and then you can make choices.

Alena: Yes. Yes.

Amy: And decide what you wanna do about it. So that would be number two, is give it a name.

Alena: I like that.

Amy: And then you should just always keep it that name. Don't change it every time fear comes up. Just-just decide that you're gonna give fear a name so you can have conversation with it. Um. So, the third thing I would say is become friends with it right? So once you accept that that fear is present and it's along for the ride, um, you're not gonna be so freaked out by it. You'll just recognize it as part of you, right?

Alena: That's exactly right.

Amy: So, you're deciding that you love fear in the same way that, you know, you love that annoying family member. They drive you crazy, but you love them nonetheless. And then the fourth step is you wanna talk to it. So...

Alena: Yes.

Amy: When fear comes knockin' on the door, you know, invite it in. Have a conversation. Because it's there and so... I dunno if any of any of you have seen, uh, that movie A-A Beautiful Mind? Do you remember that movie?

Alena: Yes. Yes I have. Wonderful movie.

Amy: So, remember how Russel Crowe was, like, talking to his like other personality?

Alena: Yes! Yes, I do.

Amy: I mean, in doing that right?

Alena: There's nothing wrong with that. [laughs] You know? Serious.

AMY: [overtalk] Well, I would highly advise not doing this in public.

Alena: Right. [laughs]

Amy: People might [overtalk] right? So, do it in the privacy of your room. But-but here's where you wanna being to have a conversation with it. What do you want? How are you trying to play a role? You know, keep dialoguing with it until you're clear on what the fear is and why it's there. So that, step number five, you can make a powerful choice around it. So now that, you know,

you've had this conversation and you've figured out why it's there, does it actually make logical sense not to proceed with whatever it is you're afraid of?

Alena: Exactly.

Amy: And in this way, you really.. you-you begin to .. have.. in this.. having your own relationship with fear you ultimate end up finding that your fear.. you-you take action despite the fear. And then, through that practice of taking action, that's where the confidence comes.

Alena: We're here with Amy Applebaum. And I'll tell you, she's got some fabulous ways for us to deal with the fear in our everyday life and we will be right back in a second.

You're listening to 30 minute moments with Alena Chapman. Helping you discover your true purpose on WOWO and at WOWO.com.

Alena: Well, you are here listening to 30 minute moments and I'm Alena Chapman, your host. And we are discovering doubt and fear. And how to really handle those everyday fear and doubts we have with Amy Applebaum. And we were talking about when you're stepping out of your comfort zone and you really just, all the sudden you get that grip of fear, correct Amy? You know, when you're taking that opportunity. And I-I had that happen when I bought my first house. I was newly divorced and I had to buy a house and I had to get a mortgage. I didn't know what I was doing. And I remember I was so happy. I was so happy until I turned into the mortgage, the title company place. And all the sudden my foot slammed on the break and I broke out in a sweat and I started to get really, really nervous. And I heard all this fear, all this... You can't do that! You don't know what you're doing! They're gonna eat you alive in there! I heard all this noise comin' into my head, and I did.. you.. just like you said. If you know what you're dealing with.. I know what my fear is, I know the name, and I could say, Wait a minute. If I don't do this, who's going to? And I actually sat there, in my car, talking to it. The only thing I'd really like to add is, come up with an immediate plan. Like um... I came up with a plan - I'm gonna drive my car to the building and get out of the car. That was my plan, 'cause when fear hits you it has to be simple. And I did it. And you know, Amy, the feeling of accomplishment was immense.

Amy: Yeah.

Alena: When you can conquer that fear, it is immense.

Amy: Absolutely.

Alena: So, I just thought I'd tell that little story, so... because it seemed so in line with what you're talking about. And-and I also have a-an old mentor of mine who used to say, "If you're going for a challenge or an obstacle and you don't feel those butterflies in your tummy, it's not big enough."

Amy: Right. Or something's wrong, I mean...

Alena: Something's wrong. Right.

Amy: Right? Or you're so practiced at it that, just like you said, there's no.. it's not challenging for you.

Alena: It's not challenging.

Amy: Yeah. We've been taught though, it's interesting... it's interesting 'cause I have this 5 year old and...

Alena: [chuckles]

Amy: So, we're having these interesting conversations. I've never been a mom before.

Alena: Yeah.

Amy: So, I have no idea what I'm doing from moment to moment.

Alena: No one does.[laughs]

Amy: Right? I know!

Alena: You don't.

Amy: Uh... every other day it's something new.

Alena: Yeah.

Amy: But-but I realize that she's listening to the things that I'm saying and so...

Alena: Yes.

Amy: Um, we can have these .. I can have conversations with her and I can say, you know, How come honey you think that being afraid is a bad thing? Why does it have to... who chose? Is it true that being afraid is being bad? And-and questioning ourselves really helps us open up and create some insights that I think, um, are impactful on the choices that we make.

Alena: I'll tell you, it is... I have three oldest... older boys. I have 18, 15, and 13. And I'll tell you something, when-when your daughter gets to be that age, you'll start to see everything you've been trying to teach start to blossom.

Amy: Oh, I can't wait for that. Let me tell 'ya.

Alena: You know? It's so cool.

Amy: I'm an old mom. I'm gonna be 48 on March 30th and this is a wild ride, let me tell you.

Alena: [laughs] Talk about fear.

Amy: So ladies and gentlemen, whoever's listening, let me just tell you. Everything is scary. I'm freaking out being a mom every single day. It's just so part of life. It's really what we do with it that defines us.

Alena: [laughs] It is. It's ... yes, it... it defines us. And-and how we.. you know, deal with our fear. It defines us. I know that you have, on your site, recorded many hours of these guided meditations. And I know you're in hypo-therapy? Or hypo...Um... what is it? Hypnosis basically.

Amy: Hypnotherapy.

Alena: Yes, hypnotherapy. And I... and I know a lot of people who meditate. Um, and I'm always talking about meditation. Meditation, to me, is how you get to the core. But, of course, there are those people who wiggle, who can't sit still. And everybody has their way of curing that, but you know how hard it is. You sit down to do your meditation and your mind is so crowded you just hear all this busyness going on in your head and you can never get it quiet. Or you get the fidgets. I used to get the fidgets. What do you say?

Amy: Yeah.

Alena: How-how can you help someone who has never meditated before, but we know that this meditation is really gonna help them get grounded, get them a little more zen - which I wanna talk a little bit more about. But.. what-what's the best way, you think, that works for this fidgety person?

Amy: OK. [clears throat] This is an awesome question, 'cause I definitely would say I'm the guided meditation expert for people who are just regular people, who don't have a lot of experience with this.

Alena: Uh-huh.

Amy: Um. And I didn't create these to be practicing hypnosis in an office. I did this for all of us entrepreneurs out there who want exactly what you just said.

Alena: Yep.

Amy: So firstly, choose guided over not guided.

Alena: Yes.

Amy: Because it's hard enough, right, to try to lead yourself through a meditation.

Alena: It is.

Amy: Um, or to just have that open space. So in the beginning, I recommend guided meditation where somebody's actually talking the whole way through. So, that would be the first thing. The second thing is, find a voice you can listen to. So thank you so much for talking about mine. Um. We'll go into that story sometime, because that was a big accident. It's a very funny story, however... you need to find a voice that works for you. So, if you guys like my voice when you listen to one of my guided meditations, fantastic.

Alena: [chuckles]

Amy: If you don't find one that you do.

Alena: That's right.

Amy: 'Cause it's really important.

Alena: I-it is very important, yes.

Amy: And then use sleep tracks. So, I have over 100 guided meditations, different titles, And I created a sleep track for every single one of them. And that is gonna be the easiest way - when you're already tired, you're getting ready for bed.

Alena: Yes.

Amy: So about 30 minutes, 20 minutes before you would probably go to sleep, that's when you put your earbuds in and that's when you put your guided meditation in.

Alena: Yes.

Amy: Because you're already tired and you'll just fall asleep to it. That will make things a lot easier. And then, finally, I would say practice. Don't just do it once. Do it every night, because that practice is like... ugh... Alena, do you do yoga?

Amy: Yes, I do. Yes.

Amy: OK. So, you know ... I don't know if you can go back to the time when you didn't do yoga. But back when I was first going my very first 2 week yoga challenge, I .. it was so annoying for me and I remember when we would lay in Savasana, right? At the end?

Alena: Uh-huh. Yes, yes.

Amy: And I would just be thinking, Ugh. Can we just get out of here?

Alena: Yeah.

Amy: I mean, it was like my mind and the crazy...

Alena: [laughs]

Amy: ...and it was very difficult and I found myself more judging the teacher instead of really just being engaged.

Alena: Yes. Yes.

Amy: After that 2 weeks, something really extraordinary happened to the... through practicing. I started to let go more, I started to understand it differently, I started to experience it differently. And when we would lay down in Savasana at the end of the evening, I would welcome... I would welcome it. It was like something that was exciting for me.

Alena: Right.

Amy: So just remember everyone, don't try it once.

Alena: Right, yeah.

Amy: Practice on a regular basis.

Alena: You have to keep it consistent, like with everything else.

Amy: Yeah.

Alena: You are here listening to 30 minute moments and I'm Alena Chapman. Be right back.

This is 30 minute moments with Alena Chapman. Helping you find your inner self, every Sunday on WOWO and at WOWO.com.

Alena: Welcome back. This is 30 minute moments. I'm Alena Chapman and we are talking about fear and doubt. And how do we face that in our daily life. And we're talking to Amy

Applebaum. The one thing I wanted to bring up, when we were... we were just talking about yoga. You know, all the yoga and the meditation. I think what it.. I.. you know, I' a type-A personality, or I used to be. Really type-A. And I found that with doing these things with yoga and meditation... Why do you wanna do that? Because it helps you in your decision making, you know? Everytime I go to make a really good decision, a real one that's, like, big for an opportunity, you can quiet yourself. I don't know. Amy, do you find you do that now, too? You can close your eyes, get centered, and just.. It's easier, it's faster, and you... when you make the decision you know it's a good one. What...?

Amy: Yeah.

Alena: Do you find that also?

Amy: I do find it's easier. I think the challenge, on my end, is, um... being mindful of it, you know? You're so full force going, going, going.

Alena: Yeah.

Amy: Sometimes it's that recognition that you're maybe not in the most you know ... beneficial state.

Alena: [chuckles]

Amy: [chuckles] So, um, I-I illicit the help of those around me and my team, so that they can you know give me a little...

Alena: Yeah. Guidance?

Amy: A little sign.

Alena: Yeah.

Amy: "Hey, Am. Take it down" [laughs]

Alena: Yeah, yeah, yeah. That's OK!

Amy: You know, so it's uh being consciously aware. And if you're really committed to being aware of wanting to be grounded, then you don't feel anxious about letting your team know around you that that's your commitment, so that they can also help you follow through with that

Alena: Exactly. Yes. They're-they're-they're your mastermind, really. They're your mastermind.

Amy: Yeah. Yep.

Alena: Alright, we have come to my most favorite part of the show - the shift. Welcome everyone to the shift and that is the Ah-Ha moment for you that you found that... this is what you need to teach. Or this is how you have to help people through. Or learning how to deal with this, um, fear or whatever and doubt that they may face in their entrepreneurship. What is your story? What.. do you have one that really gave you that Ah-Ha moment?

Amy: I think I d-... I have so any Ah-Ha moments. It's crazy.

Alena: [laughs]

Amy: Um. But I think the one that I will share is when I became an entrepreneur. I was waiting tables at this Italian restaurant in Beverly Hills trying to figure out what I was gonna do.

Alena: Mhm.

Amy: I-I hated working there, for a variety of reasons, but I was making a lot of money. Which may sound silly, but go wait tables in Beverly Hills. You can make a lot of money, right?

Alena: Yeah, you can.

Amy: So you get really stuck in it.

Alena: Yes.

Amy: And, anyway... This one morning, one of my guests said that she wanted some oatmeal and she wanted it NOW. It was very important that she got it NOW. And I explained to her, because she said that, that we make it to order and it'll take 20 minutes.

Alena: Right.

Amy: And she said that she was in a rush and fine anyway. Do it. So she insisted on it. 10 minutes after she orders she starts doing the snapping her fingers thing across the restaurant, right? Excuse me, where's my oatmeal? thing and I dunno about you, but I, at that time, had way too much of an ego to be dealing with someone snapping their fingers at me. [clears throat]

Alena: Yes.

Amy: But, anyway... I walked over and I said that the oatmeal, you know, it wasn't done. And she said, Bring it to me. I want it now. So, I walked over to the cook's station and I said, She wants her oatmeal on table whatever it was, you know. And he said, It's raw. And I said, That's how she wants it. And I got fired that day.

Alena: Oh... [laugh]

Amy: So, lemme say, I mean... I can remember if you know the Los Angeles area, I was driving over Coldwater Canyon down towards Ventura Blvd and I was so angry. And all I could think of was, I am such a loser. Like, I have nothing. I don't have money. I don't have plans. I don't have a future. And then when I got home, that panic really set in, you know? What happened? I just couldn't figure out... I had a college degree. How had I gotten here? Um, I didn't know what to do. I was too embarrassed to ask anybody for help or even reveal that I'd been fired.

Alena: Yeah.

Amy: So, this kinda went on for, like, a week of me feeling sorry for myself. Um. And I would say, you know, at some point during that week, I was listening to a song on the radio. I don't know if you remember that song, "Freedom" by George Michael.

Alena: Yes.

Amy: But I just completely aged myself.

Alena: That's alright. [laughs]

Amy: Right?! [sings] FREEDOM!

Alena: [laughs] I love that song.

Amy: I couldn't get that chorus out of my head, and so... it-it... all the sudden, it hit me like-like a bed falling on my head. It was like, Wait a minute. I am free.

Alena: Yes.

Amy: I hated the restaurant. I'd been unhappy there, I always felt like I was settling. I was wasting time, um, just obsessing about being fired and feeling sorry for myself when this opportunity was actually an opportunity. And I had been putting off this life that I wanted to have.

Alena: That's big.

Amy: And if we're really honest about it, I kinda got myself fired. I mean, I believe that I'm at cause for everything that I do.

Alena: Right.

Amy: Right?

Alena: Right! Yeah.

Amy: I kinda knew when I brought crazy her oatmeal that it wasn't gonna go down well for me.

Alena: Right! [laughs] Right!

Amy: Right?

Alena: Exactly. Yeah.

Amy: So, what happened... The epiphany moment was I went from feeling sorry for myself to being excited. And I remember I put on my mixtape, which also just completely aged me, and I got out a piece of paper and I started brainstorming. And I'd always to be an entrepreneur and here I could do it. And I kind of couldn't contain myself. I had all of these ideas. I really couldn't write fast enough and

Alena: Yeah. Yeah.

Amy: A year later, after some major trials and tribulations, I had a company. And... I was up, I was making money. I learned about branding and marketing and sales and accounting and customer service and... I-I didn't know what I was doing.

Alena: All that stuff, yeah.

Amy: But I was doing it.

Alena: Yeah! This a fantastic story. You know what? And that's exactly what it is. So many people, you know, they're making the money, but they're not happy. And when something happens they go into a trauma. and really it's an opportunity. If we start seeing things like an opportunity, look what you can do. You know what I mean? There's a life afterwards.

Amy: Yeah.

Alena: There's life! [laughs]

Amy: Yeah.

Alena: Amy, this has...

Amy: And that-that business taught me everything I needed to know to launch my coaching career. So...

Alena: That's interesting.

Amy: Thank goodness I was fired!

Alena: Yeah, thank goodness you were fired. Yeah.

Amy: I should say is thank goodness I got myself fired.

Alena: Alright! Now, how do people learn more about you if they are, like, raring to go. They've just been fired or they wanna do better or their facing that big opportunity - they don't know how to do it. Or they just wanna better their business. How do they find out more about Amy Applebaum?

Amy: Oh, you are very sweet for asking. They can go to AmyApplebaum.com and everything there, hon-honestly. I've got you know free thing and-and all my meditations are on that site. Everything's there.

Alena: OK! I think that's fabu... and it is a fun site, guys. It really is. She's up there and she's punching the sky and jumping around and... [laughs]

Amy: [laughs]

Alena: You have a lot of energy. I love it!

Amy: Aw, thank you.

Alena: So, it was awesome. Any... I-last words of wisdom that you can give anybody who might be.. you never know, somebody might be wanting for that opportunity and just has a little bit of fear. Do you have any last words you'd like to leave?

Amy: Yeah. And I-I think... be afraid and do it anyway. Just do it.

Alena: [laughs] I love it. I love it! Be afraid and do it anyway. And that's really what it comes down to. It really does. Ah! Thank you so much, Amy, and I hope to have you on again. And this was just a lot, a lot of fun

Amy: Well I appreciate everything that you're doing in the world and all the people that you're helping and... I'm grateful that you, um... that you're sharing me with your audience.

Alena: Yes.

Amy: And anything that I can do to support you and your audience, just let me know.

Alena: Thank you! Everyone, this is 30 minute moments. We have just been speaking with Amy Applebaum. A terrific interview about fear and doubt. I'm Alena Chapman, your host. If you'd like to learn more about Alena Chapman, your host [laughs], go to AlenaChapmanLife.com. And there you can find out more about me with a bio and all the things that I offer and we'll see you next week. Next week we're going to be... oh! We've got a fantastic guest, who's going to talk to you about entrepreneurship, again, but also people. Walt Disney. Napoleon Hill. This guy grew up with them. He grew up with those ideals, he grew up with that imagination. So, don't miss next week. This is Alena Chapman and this is 30 Minute Moments.

This has been 30 minute moments featuring Alena Chapman. If you missed an episode, download it now at WOWO.com.