

Expert Guest Speaker **Jay Moore**: *The Healthy Accountant*

- Book Author: [Next Level Faith: Moving Mountains in Uncertain Times](#)
- [Account for Your Life Podcast](#)
- Jay Moore [YouTube Channel](#)
- Jay Moore [FaceBook Page](#)

Topic: How to stop fear from keeping you from your best life

Presentation on Fear versus Faith Fitness

Who am I?

Who am I today?

The Healthy Accountant...

- T – takes responsibility for everything
- H – has to have a transformational story
- A – always believes in the impossible

Get rid of fear and live your best life, you're going to want to believe in the impossible

Where am I going?

Why am I here? What is my purpose?

- Everything starts and ends with purpose
- Any time a situation happens that seems weird and tragic... it's all about purpose
- Sometimes things happen in life to distract you from your life
- Purpose – know your purpose and where you're going

What is fear?

- Fear is false evidence appearing real
- Faith is one of the most powerful emotions, also love
- Need faith to beat fear

What is faith?

- Confidence in what we hope for and assurance of what we don't see
- Choose faith or fear – what would you choose?
- Don't beat fear by being fearful

I choose faith

- Exercise faith – faith workouts
- Strengthen your faith muscles

Choose faith over fear and use the following framework to have Faith Fitness

7 steps

1. **F**orget the past
2. **R**enew your mind
3. **E**xercise your body
4. **E**mpower others
5. **D**iscipline your actions (disciple: follow something/someone)
6. **O**ffer yourself a new life
7. **M**anage everything like your life is depending on it (manage time and change)

Faith Fitness = Freedom

FAITH FITNESS FRAMEWORK:

7 ways you can become faith fit and obliterate fear

1. **Forget the past – make a decision to look forward instead of looking back**, to develop your faith fitness – confidence and hope for but don't see it yet, want something in life but don't see it yet, forget the past and move forward
2. **Renew your mind** – renew my mind to something totally different – decide... the thoughts that I am having are _____ but I need some new thoughts, what can I do to renew my mind fully? Sit down and take everything out of your life, pull yourself out of everything that is not pulling you forward – can't renew your mind doing the same things, can't renew your mind in the same environment as last week, renew you mind – can't renew your mind by doing the same things you've been doing – stop all the inputs and get rid of all the stuff coming in, manage all the stuff going in so you can manage what comes out, mind renewal process, all areas of your life have to come into alignment, stop all the inputs, manage and know exactly what's coming in, feed your mind
3. **Exercise your body** – got to do physical work, help you to forget the past and renew your mind, encourage yourself to do a little bit more
4. **Empower others** – help others, there are people who need help with fear right now, everything in your life is happening **for you** not to you, your life is not for you, beat fear by empowering others, totally forget about fear by helping others
5. **Discipline your actions** – discipline takes so much work, all you need are a few actions to help you be disciplined, everyone is super, you were created not for yourself, what's on the inside will help empower others, giving from super inside of you to empower others, inside of the word discipline is the word disciple – be a follower, you have to follow something, discipline yourself to become the person you want to be, read books on faith, etc. read books on what will help you to be the best version of you possible
6. **Offer yourself a new life** – offer yourself a new life, if you are going to create something new you need a design and plan, go and design what you want, need to offer yourself a new life so you don't need to ask someone else to give it to you, biggest problem in the

world today is everyone is asking for things instead of offering themselves and figuring out ways to take what's on the inside and bringing it to the outside, design your life the way that you want to live, don't ask others

7. **Manage everything like your life is depending on it** – the reason you were created is to manage something... 2 forces you can't stop but you can manage them, time and change are the 2 forces – 2 strongest forces on the planet; time and change happens with or without you, you're going to change even if you don't try to change, what if we mismanage time? Time is going to come no matter what, change is going to change no matter what, manage time and change because you do these steps

Faith fitness = freedom

Faith fitness is your new tool to freedom

Discover your purpose

- Sometimes we're being prepared
- It's a process, baby steps
- Develop confidence and assurance of what I hope for
- Don't worry, don't fear, go forward
- My tree had not yet budded, tree has grown – developed the freedom to grow and give
- My life isn't for me, my life is to help others
- Life is happening to bring you out of the ground, to grow you like a tree
- Investing your time, purposeful