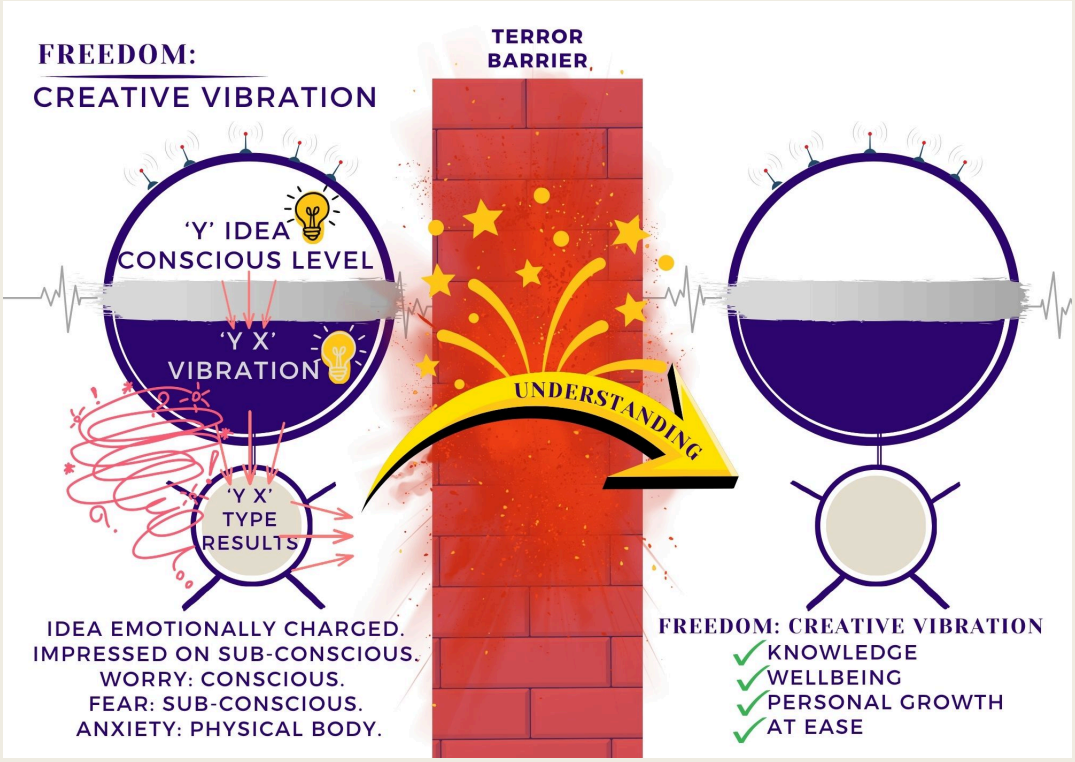
LESSON 10 · IMPACT-OLOGY

The Terror Barrier

The fear that shows up right before your biggest growth.



WHAT YOU NEED TO KNOW

- A real goal (a "C-type" goal) should **excite you and scare you** at the same time.
- That fear happens because your old paradigm (vibration X) is in conflict with the new one you're reaching for (vibration Y).
- To change your results, you have to change your paradigm - and that takes strong, conscious control over your thinking.
- Fear and growth go hand in hand. Facing what scares you on purpose is how growth actually happens.
- Every time you feel this fear, you get a choice: step back into safety, or **step forward into growth.**

> *Bob Proctor: 'The real purpose of a goal is to grow. It causes you to draw something out of you that you did not know was there.'*