NERVOUSNESS

Many have found that by fooling or controlling the mind/brain, you can manage nervousness. Instead of thinking "I am nervous, or scared that this is going to happen", you replace that thought with "I am so excited that this is going to happen, it's going to be wonderful, it is what I need".

So if you are travelling for a meeting and have to take an airplane and you are nervous about flying, focus on "I am so excited to be seeing my friend again, it is going to be wonderful". The mind will lock onto a positive.