



**Activate**  
**BREAKTHROUGH**

**JENNIFER  
ALLOWED  
QUOTES**

1. **"Fear is not a sign that you're doing something wrong. It's a sign that you're doing something brave."**
  - Allwood emphasizes that experiencing fear is normal, especially when stepping out of your comfort zone.
2. **"You don't need to get rid of fear completely; you just need to decide that fear is not the boss of you."**
  - This quote encourages readers to acknowledge their fears but not let them control their actions.
3. **"Courage isn't the absence of fear; it's the decision to move forward despite it."**
  - Allwood reminds readers that bravery is not about never feeling afraid but about taking action in the presence of fear.
4. **"Don't let the fear of making a mistake keep you from making progress."**
  - This quote challenges the idea that perfection is necessary, urging readers to keep moving forward even if they stumble.
5. **"God doesn't promise that you'll never be scared. He promises that He'll be with you when you are."**
  - Allwood reassures readers that God is always present, providing strength and comfort in times of fear.
6. **"You can't wait until all your fear is gone before you step out and do the thing that scares you."**
  - This encourages taking action despite fear, rather than waiting for the perfect moment when fear has completely disappeared.
7. **"Your purpose is not about you; it's about what God wants to do through you."**
  - Allwood shifts the focus from self-doubt to trusting in God's greater plan and purpose for one's life.
8. **"You were made for more than just existing; you were made to thrive."**
  - This quote challenges readers to pursue a life of fulfillment and purpose, rather than settling for complacency.
9. **"Fear will keep you stuck if you let it, but you have the choice to say 'no' to being paralyzed."**
  - Allwood emphasizes the power of choice in overcoming fear and moving toward growth.
10. **"Don't give fear more attention than it deserves. Focus on the truth instead."**
  - This quote encourages readers to focus on the promises of God and the truth about their abilities, rather than fixating on fear.

11. **"You don't have to have it all figured out to start. Just start, and the rest will come."**
  - Allwood reminds readers that taking the first step is often the hardest part, and clarity often follows action.
12. **"God is not looking for perfection; He is looking for willingness."**
  - This quote emphasizes that being willing to try and take steps forward is more important than being perfect.
13. **"Fear is a liar. It tells you that you can't, when in reality, you absolutely can."**
  - Allwood challenges the lies that fear tells and reminds readers of their capability to overcome.
14. **"Being brave doesn't mean you don't feel fear; it means you choose to move forward anyway."**
  - This reinforces the idea that courage is about action despite the presence of fear.
15. **"God didn't create you to live a life of regret and 'what ifs.' He created you to live a life of purpose and action."**
  - Allwood encourages readers to pursue their calling actively and not allow fear to hold them back from living fully.
16. **"You may not feel ready, but God already knows that you are."**
  - This quote reassures readers that God's timing is perfect, even when they feel unprepared.
17. **"You were not given a spirit of fear, but of power, love, and a sound mind."**
  - Allwood echoes the biblical promise from 2 Timothy 1:7, reminding readers of the strength they possess through faith.
18. **"When fear knocks, let faith answer."**
  - This quote encourages choosing faith over fear in moments of doubt and uncertainty.
19. **"Your breakthrough is on the other side of your willingness to do it scared."**
  - Allwood emphasizes that significant growth and change often come when we confront our fears directly.
20. **"Stop waiting for the perfect time to start, because there is no perfect time. The time is now."**
  - This quote motivates readers to take action today, rather than waiting for ideal conditions that may never come.