

Eradicate Fear of Failure

By Sacha Crouch

Way too often people choose to let go of their dreams on the off chance that they won't succeed. They focus on all the possible scenarios of what COULD go wrong: that they could look silly or incompetent, that they could make the wrong decision, that others could criticize them. These POSSIBLE negative results take the driving seat over all the amazing opportunities and experiences that could eventuate through giving their dreams a chance.

Why?

Because all through life we have been socially-conditioned to evaluate our worth based upon the END RESULT of our actions - whether we 'succeed' or 'fail'. Our entire education system is based on this philosophy. Acknowledgement is given purely for grades and rankings against everyone else. There is no acknowledgement for growth, passion, bold strides of initiative, persistence or overcoming challenges. Yet in the real adult world it's the latter qualities that determine long-term success and ongoing fulfilment.

Which game do you want to play? The one that relies on other people's rules as to what makes you worthy; where you run away from taking action that may consequentially be perceived by others as failure? Or do you want to play the game that relies on your own rules; where your worth is measured by the action you take - independent of its failure or success, where over time you're able to achieve the life of YOUR dreams?

If you're ready to make your own rules... here we go!

Failure happens, often and indefinitely. But all it means is that we did not get the result we wanted so we need to tweak our strategy. It provides us with feedback about what we need to change in order to eventually get the results we desire.

The problems arise not when we fail but when we use this feedback to determine our worth and happiness; when we focus all our attention upon whether or not we got the result we wanted rather than **consistently applauding ourselves for taking action and stepping outside our comfort zone.**

The way to eradicate fear of failure is to re-write the old rules. Stop using the end result of your actions as acknowledgement of your satisfaction and worth. Instead, acknowledge yourself as successful EVERY TIME YOU TAKE ACTION toward your dreams. Make this the focus of your energy as much as possible. Over time, your brain will stop thinking 'what if I fail' and start thinking 'what else can I try'.

Here's the process to follow:

**** Five Steps to Eradicate Fear of Failure ****

1. Set your visions and goals of what you desire to achieve.
2. Make a list of the actions you need to take and how you need to 'Be' in order to achieve your goals.
3. Start taking action.
4. Use the results of your actions simply as feedback on how to improve next time and to work out your next set of actions. Refuse to take this information personally as an evaluation of your worth!
5. Congratulate yourself for EVERY STEP YOU TAKE. Consistently acknowledge how far you are moving forward. End each day by focusing upon everything you did that day to move toward your dream.

Choose to be someone who cares more about living a fulfilling, successful life than proving to others you never fail! Determine your own rules of worth. And watch your dreams unfold as you take more action and enjoy the satisfaction...

Want support to tackle your goals head-on instead of avoiding them out of fear of failure? Imagine how much more success you would achieve, how much more happiness and fulfilment you would feel! We offer a free consultation to assess your needs and see if coaching is right for you! Email contact@activ8change.com.au to find out more.

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