

Dealing with fear and Failure

The big question, what if I fail?

Well this is a tough question because failure is inevitable. Life is not about how many times you fail, it's about how many times you try. If you try more than you fail, you never really fail. Celebrate your failures. Failure is just a learning process. A speed bump, not a road block. A good question to ask when you are dealing with a failure is "what did I learn from this"? Then take that lesson and try again!

Limitations exist only in our minds and believing you're capable of something is two thirds of the battle. Replace every I can't with what if I and see how your life shifts!

Three ways to deal with fear:

1. Remember, it's not personal, so don't make it that way. Just because you may not have accomplished what you wanted to this time does not mean that you are not good enough or that you are not capable. Ask yourself what you learned and try again - right away!
2. Find your focus. Learning to focus on the lessons and planning the next try will keep you focused on the future success. Do not focus on the failure as it is only part of the story!
3. Let go of the need from approval from others. There is none who has anything to do with your goals other than you. They don't know your journey and they don't get to say how it will go, or what is right or wrong for you.

Last but not least:

- Write down a list of why you want to achieve your goals.

- Write down why it doesn't matter what anyone else thinks

- Write down why you won't give up
