

# 5 WAYS TO OVERCOME FEAR OF FAILURE

## 1. Visualize Obstacles

1. Think of a situation in which you are afraid of failure.
2. Visualize yourself hitting an obstacle
3. Allow yourself to feel the fear
4. See yourself succeeding despite of the obstacle
5. Plan how you'd overcome the obstacles in real life

## 2. Surrender to the Fear

1. Sit quietly
2. Set a timer for two minutes
3. Take deep breaths
4. Focus where you feel stress or tension in your body
5. and simply breathe into that area for the two minutes.

## 3. Reality Check Your Fear

1. What is the worst thing that could possibly happen if I fail?
2. What are the odds of this worst-case scenario actually happening?
3. How bad is this scenario, really?

## 4. Breakdown Your Fear

Take a step back and ask this question: "What am I really afraid of?" Once you know why you're afraid, you can deal with it rather than suffer from it.

## 5. Make Failing a Game

Practice makes perfect! Play the failure challenge and you'll see failing isn't such a big deal.

