

# Success With Gusto

## **Tips to help defeat your fear of failure**

Have you ever avoided doing something simply because you were afraid you couldn't do it?

Was there ever a task to be done at work that you had always wanted to try, but didn't volunteer to do because you were afraid of failing?

Being afraid of failure can keep you from doing things in life that you actually enjoy and are good at. Here are some tips to help you overcome those nervous feelings.

## **Analyze The Fear**

Why are you too nervous to try this new task? Maybe you feel you failed at something new several years ago and are now afraid to try other unfamiliar ventures. Or perhaps a friend once failed at the same assignment and now you are hesitant to try it. Understanding why you feel this way could be a big step in overcoming your fear.

## **Change Your Perspective**

Look at this situation as an opportunity rather than a threat. What is the worst thing that could happen if you didn't do well? It probably wouldn't be catastrophic. Treat the situation as an adventure.

## **Tell Your Friends**

Talk to some of your friends who are good motivators. Telling them that you are in a situation that makes you nervous will allow them to give you a bright, fresh outlook. It could give you the boost of confidence you need.

## **Go For It**

The best way to overcome your fear of failure is to go ahead and do it. Nothing conquers apprehension like plunging into an activity with all your might.

In fact, you may even find it helpful to request assignments that you are afraid to work on. As your self-confidence grows, your fears will diminish.

Put these hints into practice the next time you are asked to do something that frightens you. You just might find the new activity to be very rewarding.

"In the middle of difficulty lies opportunity." -Albert Einstein