

How to Leverage on Your Fears for Success

We live in a competitive world, where from a young age we already begin to learn that no one wants to be a failure and everyone wants to be attributed with success. Everyone wants to be the Bill Gates or Beyonce of tomorrow. We see the stars we idolize receiving their Grammys and Oscars, but little do we know that behind that smile and heart rendering speech were episodes of tears, sweat and blood – hard work, determination, failing and rising up to succeed against all odds.

We hear about that successful start ups, and the successful product launch but hardly do we hear that the owners of these companies had passed through 5 different start ups which had all failed but along the line they picked up the lessons from each experience which paved the way for their eventual success.

Society teaches us to glorify the “winnings” and not talk about the journey to success in its entirety. We are taught to hide our fears as it portrays us as being “weak”.

Well I am here to tell you that its okay to have fears, its okay to have sets backs and challenges because no one was born perfect. But what is not okay is living through those fears day in day out without doing anything about it.

Here are 5 simple steps to help you overcome your fear of failures and help you become a better version of yourself.

1) Break out from the Fear Factor

How do you see the glass, half full or half empty? Positivity goes a long way in helping you alleviate your fears by boosting your confidence levels. Rather than allow your fears to hold you back, make it your motivating factor and driving force. The mind is a strong tool and how you decide to use it, either to your advantage or disadvantage is entirely up to you. Tell yourself you can achieve anything. Write out your fears on a piece of paper, turn them into positive phrases and read them out loud to yourself every day.

2) Do Something about It

Take that leap of faith and do something about it! It's easy for one to dream, to have hopes and aspirations. It's also even easier to make excuses on how not to achieve these dreams, like; I'm too busy, I'm a family woman, I don't have the money, I don't have enough time. Sooner or later you find yourself hiding behind these excuses, because it provides you with a false feeling of comfort. Remember it's just a “*false feeling*” and excuses only take you round in circles, bringing you back to that exact point where you left off. Rather that dwell on excuses become more of a go-getter by taking proactive measures to help you overcome those excuses in the first place.

3) Harness your Talents

We are all gifted in unique ways and everyone has that one thing or a couple of things they can do effortlessly. Groom yourself to become an expert in your field or in the areas you feel you are talented. If you are struggling to [discover your talents](#) or areas of strength you

can begin by writing out your hobbies or the things you love to do. You can ask family and friends what they have observed you are good at doing. You can also take an [online talent assessment](#). After discovering these areas, focus on your growth. Get a mentor, read up as much as you can on your expert field and continuously develop yourself to become a better version of who you currently are. Enroll in free online courses, take a paid course, Attend [TEDx](#) talks.

4) Visualize your Success

People give up on their dreams because they believe reaching their goals is beyond their capacity. Successful people however dream big and adopt a positive mindset. They see their abilities as being flexible and even if they don't have the current capacity to enable them achieve that dream they know there are steps they have to take and paths they have to climb on the ladder of progress. When faced with set backs they don't just give up, they try harder, by re-strategizing and finding new ways to solve their problems.

5) Recognize that Failure is Inevitable

Yes, you will fail! Yes, failure is part of the learning process and the journey to success, but failure is not the end of that journey. Failure only lets you know that there is a better way of doing something. As the saying goes, experience is often the best teacher. If you use these experiences to your advantage, they will offer fresh insights and brings new perspectives and approaches that would help you adjust your strategy and approach.