Keep Your Eye on the Goal

- Think about the Big Dreams you are holding in your heart.
- What's your biggest "Why"!
- If there is a little voice talking in your mind, you know it has something to say. And if it is saying negative things, you've discovered something very important that must change & that is the thing you've convinced yourself you maybe couldn't have.

What is that little voice saying?

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- Is the Big Dream you have right now worth getting up for? Who are you getting up for? What are you getting up for? Where are you hoping to go once you get out of bed in the morning?

What's your greatest motivator's for getting yourself out of bed?

Your "WHY' must be your number one motivator or else you won't be here looking for the answers to becoming your greatest success story! What is going on in your mind that's holding you back from reaching the Big Dream Goal... why does that scare you so much?

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You will have to remove things from your mind & erase doubts from your heart to get through the fear of failure? If this answer is yes, then I can help you bridge the gap between where you are right now & where you want to be.

Overcoming fear may be a huge obstacle for you at any stage, but it is important to give that fearful voices the opportunity to say what they are afraid of. What they think went wrong & how afraid they were when things went pear shaped?

Take the lessons learned from what went wrong to develop a personal reassurance that everything will be okay. Addressing what we can change & improve right now.

Three Lessons Learned from Fear

1. Fear is normal because we all Fear that thing called Failure. In reality, Failure is the only way we learn, one of the ways we can make changes & a great tool to use to help us grow.
2. If you are willing to get up one more time than the number of times you fell, you will be better than okay! You will have succeeded.
3. Knowing yourself inside & out will become your superpower because no-one else can do what you can do, no-one else lives in your mind, no-one else will be as passionate about this as you. By knowing all of the things about yourself, you'll figure out what to improve on. Not to judge yourself or criticize but improve one small step at a time.

OKAY stands for:

O - Optimized

K - Knowledge

A – About

Y – Yourself

Questions You Need to Review for Yourself

Go over them first thing in the morning & last thing at night for a few days or so. Really let these questions imprint on your subconscious mind to discover where you stand in relationship to yourself!

The present, past & future aspect of each question often reveals a deeper hidden truth...

- When am I critical of mistakes? Is it when I'm overwhelmed, uniformed or impatient?
- Do I shrug off compliments when I am afraid others might see I'm failing, when I don't think they are true or when I reject being complimented?
- When I procrastinate on projects, is it because I don't have a plan to follow, do I waste time out of fear, or do I not start the real work because I'm worried about the results?

Think about failure like this, fear of failure is simply a flashing light to notice what is going on so that you get to move forward.

What things have you messed up but were too afraid to try again? Maybe out of fear or not looking perfect or simply because doing it again might be hard work.

Pick the one that scares you the most & commit to trying it again by writing it out.

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The Antidote to Fear of Failure is Having 10 seconds of Blind Faith

Having that 10 seconds of blind faith knowing it will all be OKAY even if the answer was no, not right now or maybe, sets you on the path towards success. You can always do whatever you messed up or failed at again or if it really felt bad, why not set out to try something new. Don't shrug away because of the fear factor, simply step back from it, take 10 seconds to face it. Have that moment of conviction that you are going to try it out again without allowing fear to make up your mind for you.

Did you know that fear & excitement releases the same hormones, the same adrenal reactions & the same chemical 'soup'? The difference is the story we tell ourselves in our heads! So, to take the first step we need to help you find a way! This is done by looking at those who have done it before.

What Successful People Do After Failure & What You Can DO As Well

- Grieve the loss, it was real & feeling that pain will help you get over what happened.
- Call it by its real name "a failure", we cannot pretend it didn't hurt, just feel it all.
- Vent about it to the right person! Someone like a mentor, a coach or an ally in the industry who's done what you are going for.
- Call on a *trusted* community to find perspective.
- Ask questions about everything but be specific about what you need.
- Find resources in the courses, workshops & events you've gone through.
- Look for evidence of things that worked.
- Go into the wild & see what is possible. If others could do it, so can you!
- Do a SWOT Analysis! Pinpoint strengths, weaknesses, opportunities, & threats.
- Then choose to make a new plan for what you want to do differently next time.
- Think about the result you want & write them out. Write it to ignite it!!!
- Get back on the horse.
- Take recovering actions, even if these are small, every win counts!

How to Recover

Acknowledge that Your Dreams Are Valid & Worth Pursuing!

- Think of your greatest why.
- Make sure your actions are consistent & in line with that.
- Take small actions so that it becomes impossible not to do what needs to be done.
- Make a list of the recovering actions you will take when something isn't working out.
- Share your goal with your trusted community.
- Tell them about the recovering actions you will take next.
- Find an accountability buddy.
- Show up every week with a renewed sense of enthusiasm.
- Figure out what you intend to do about them.

Write a Failure Resume!

- Use the table to untangle the failures.
- Write about your 6 Greatest Failures in the first column.
- Give yourself one day to think about each of the failures.
- Feel all your feelings; be sad, cry & shout, as long as you make sure to feel it!
- Think about what you learned from each of the failures. The lessons are always there when we become silent & stop the blame game going on in our heads.
- Then, when you've had some time, write out what that lesson was.

The only weeds still standing between where you are now & the success you want is the one you are going to keep on feeding!

If you decide today to rise up & face the music you are going to stand against all the negativity, all the bad habits, all the mindlessness & you'll become braver than you've ever been in order to give it all another go!

I, _____Failed at: And This Is My Lesson:

Once this failure resume is done, you've learned all the lessons. There is nothing you can do about the past. It happened! You are closing that chapter & it is now time to Focus on the things that will help you reach your goals!

Forgive yourself, It is time to cut your losses.

Cut the cords & move on from it.

Are you ready?
Let's GO!