

## Master Your Fear of Success in 5 Minutes Per Day

*"I must not fear. Fear is the mind-killer. Fear is the little-death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me. And when it has gone past I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain."* — Frank Herbert, *Dune*

We have a human obsession with creating excuses for our lack of "getting there." Whatever we feel we truly want, we just never quite seem to succeed. Oh, we make the motions, do a lot of the tasks, but we never quite seem to reach our dreams. And in the bright light of day we tell ourselves (and others) bald-faced lies about why we haven't reached our dreams:

- we're too busy
- we have to take care of our sick friend
- we just need to learn that one more thing, find that missing link, then we'll arrive
- we were on the wrong path but NOW we're on the right one
- we need to focus on losing that weight first

These are all lies. Carefully constructed with a noble veneer and embellished with just enough polish so we, and everyone around us, sincerely believes they are truths. But here it is folks, anything, *anything*, that we conveniently allow to pull us off track from our real dreams, is merely a human method of disguising the real truth which is:

### **We are afraid.**

Everyone talks about fear of failure but look around. How many truly happy people do you know? I'm guessing you know more unhappy people than happy ones. And it's not because life sucks, it's because they believe the lies and stories they tell themselves – cleverly designed stories that cover their fear of being more, bigger, better - *successful*.

We get in a comfort zone of mild to moderate wins and a heap of mediocre, and it's like an old shoe that feels so great when we wear it. But true authentic success that would be like a new shoe – we don't know how it would feel and we're afraid of blisters.

### **Here's the great news, there is a quick fix for fear of success:**

1. **the biggest hurdle is realizing that your excuses are just that.**
2. **the second part is dipping your toe into the waters of success, just a little, every day.**

Authentic success is just a matter of little steps, every day, so it becomes familiar to you. To help kickstart you on your way following are 2 fun and easy sheets which you can complete in, seriously, less than 5 minutes each.

**Have at it, have fun, have success!**

# Fear Playsheet

Print and respond to the following:

Fear makes me feel:

I am most afraid of:

One fear I have that makes me feel a little excited is:

Some random thoughts about my fears:

1.

2.

3.

4.

5.

## Fear Actionsheet

Print and answer the following 2 questions. Repeat as needed.

One of my favorite excuses to not do my work is:



I am willing to recognize that no matter what my excuse is,  
it's really just a reflection of my fear.

Here is one easy thing I am going to do right now that I usually avoid by giving myself a great excuse.

1.

And here is one thing I am going to do tomorrow that I usually avoid by giving myself a great excuse.

2.