



Get more of what you want and less of what you don't, both personally and professionally.

F.E.A.R.



POWER POINTS

Three Most Common Fears

1. Fear of What Others Will Think

If you are surrounding yourself with people who are not supportive of your goals and dreams, then it is time to look at who you are surrounding yourself with. You get to choose who you allow in your life, because it is your life, not theirs. Surround yourself with people who support you as you work to achieve your goals and dreams. **Write down three people in your life that elevate you towards reaching your goals.**

2. Fear of Failure

Think about how silly this sounds: You are not going to try because you think you may fail. Change your perspective. Look at failing as "failing forward." It is a necessary part of growth. **Write down a time that you were afraid, but you pushed through anyway. What was the result? What did you learn from this experience?**

3. Fear of Rejection

You can bog yourself down and miss opportunities by asking yourself what if I do not get the answer I want? Instead, ask yourself what if I put myself out there and they say yes? There are many scenarios where we do not get the answer we want. That is okay. Remember, even those that are successful also have fears and doubts. Do not live a life of fear and regret, live a life full of adventure and stories. **Write down a time you did not get the answer you wanted. Where did this lead you? What opportunities opened up for you beyond this answer?**

PERSONAL PLAN



No matter how small your step, as long as you take it in the right direction, that's Positive Forward Motion.