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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

An Obstacle to Success

By Myrtis Smith

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Whether you are starting a business, changing careers, or heading off on an adventure, it is natural for a little self-doubt to creep in. Do I really have what it takes to do this? Will people take me seriously? What will happen if I fail? Self-doubt can be difficult to overcome. It is quite possibly the biggest obstacle that individuals must conquer in order to be successful. The world is missing out on many great inventions, talented art, and critical businesses because of self-doubt. People question their knowledge and ability to the point where they would rather do nothing than to take a chance. But in the words of Mark Twain: "Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. Sail away from the safe harbor. Catch the trade winds in our sails. Explore. Dream. Discover."

If you find your own self-doubt hindering your personal progress, try these tips:

1. Listen to the people around you. Most of us have friends and loved ones that we can count on to give us honest feedback. Ask those people to tell you what they think are your strengths and talents. You will surely get a laundry list of things that prove you are more than competent enough to pursue the task at hand. But here's a tip: If the people around you can't give you those motivating messages, that's probably one source of your problem; you need to upgrade your associations and surround yourself with more positive, supportive people.

2. Review your track record. Look back on major accomplishments in your past. Recognize what it took for you to make those things happen and remember how it felt to achieve a goal. One of my greatest memories is from the summer that I completed a 3–day 60–mile walk for breast cancer. I had sprained my ankle during training and it never healed properly. When I think back on that experience I remember my commitment to train every day and my determination to complete the final day even though I was limping most of the way. But most of all I remember how good it felt to cross the finish line. I am able to use that

experience to push me through many difficulties that I encounter today in building my coaching practice.

3. Identify exactly what you are afraid of. As long as your self–doubt and fear remain general and nebulous you will never be able to overcome them. Only by articulating exactly what it is that you are afraid of, are you able to develop a game plan to conquer that fear. "I'm afraid of failing" isn't enough. Dig deeper; figure out EXACTLY what you're afraid of. Are you scared of being broke, looking foolish, or not having enough knowledge? Once you pinpoint exactly what is holding you back, you can create a strategy to minimize your risk. For example, if your fear is of being broke, then you may want to pay extra close attention to the financial part of your business plan and work to minimize your personal spending. If your fear is of not having enough knowledge then you want to build your available resources and have outside experts that you can draw on.

A little bit of self–doubt or nervousness helps to keep you humble, but too much self–doubt however, can be paralyzing.

"And the day came when the risk it took to remain tight in a bud was more painful than the risk it took to blossom."
(Anais Nin)

Myrtis Smith is a personal coach. Her mission is to help people create their preferred future and have fun doing it. Sign up for her free newsletter Change Now! at www.premeditatedlife.combecause life doesn't just happen!

Discover the Key to Self–confidence

By Colin Dunbar

"One important key to success is self-confidence. An important key to self-confidence is preparation" – Arthur Ashe

Self-confidence is necessary for success

As Arthur Ashe says preparation is an important key to self-confidence. And preparation can be achieved by using the goal setting tool of questions. Asking questions, that is, doing research, can enable you to become proficient in whatever subject or area you want you to.

Self-confidence is necessary not only to achieve success with our goals, but also to live a happier and contented life. When we have self-confidence, we can overcome many of life's obstacles easier. How then do we find the key to self-confidence?

Identify the obstacle

Before you can work on gaining more self-confidence, you need to clearly identify the area that is an obstacle for you not having self-confidence. When you have identified the obstacle, you can use a variety of goal setting tools to solve it. And yes, you should undertake your development of self-confidence as a goal. This way you can make positive progress, and have eventual success.

Can I share the following true story with you...

Having had over eight years experience in technical writing, but lacking the industry software skills, I turned down positions as result of a lack of self-confidence. It did not take any rocket science for me to realize that I needed to become skilled in the software that was being used in the industry.

The industry standards at the time were Microsoft Word and CorelDRAW. If you are familiar with these software packages, you know there are a myriad of features, and in technical writing, many of these are used.

There was only one way I could master this software...

Use a step-by-step approach

Adopting a step-by-step approach is a practical tool for reaching your goal, and a key to gaining self-confidence.

Before starting, you should determine as accurately as possible as to what the steps are. This forms part of your preparation, or research, in many cases. Become familiar with the subject matter.

For me, the starting point was finding out what the most used features were in producing technical

documentation. Armed with this knowledge, I could begin my step-by-step approach.

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Using this approach I began with one or two features only, and I would practice these until I could do it almost blindfolded. And from there I would move onto the next feature or two.

This is similar if you want more self-confidence for public speaking, starting your own business, or whatever other area in your life.

Self-confidence will come

Using the one goal setting tool of a step-by-step approach, you will become more knowledgeable, and as a result your level of self-confidence will rise.

In using this tool, my self-confidence rose to the level where I eventually lectured freelance at a leading computer training school.

For the effective attainment of your goals, no single goal setting tool should be used in isolation.

Make it your goal to...

Identify the obstacle or obstacles that are preventing you from having self-confidence. Do your research, and begin as soon as possible to use the goal setting tool of a step-by-step approach. Follow Arthur's advice of the key to self-confidence.

Colin Dunbar's eaziGOAL offers you 12 practical and proven goal setting tools to enable you to get what you want. Manual, workbook with goal setting worksheets PLUS companion software. FREE newsletter. New articles every week.

Discover the Key to Self-confidence

Top Ten methods for never achieving your Goals

Life Issues Pt.2 – Against All Odds

Develop guts to achieve glory

Turning Obstacles Into Blessings

Success Secrets

Motivate Your Way To Success

Help Your Child Succeed In School

Key Secrets to Setting Up Your Own Automatic \$ Making Machine!

How To Create HOT Information Products



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