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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Be Afraid

By Dave Balch

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There's no doubt about it: fear holds people back. Period. Fear is probably one of the most important obstacles to overcome in order to be successful. "Fear of what?" you may ask. Fear of failure (you probably guessed that one) and fear of success.

Fear of success???

Absolutely! People fear success because there is a lot of pressure to stay at the top when they get there, and there is the feeling that they don't deserve what they've achieved; someone will eventually discover that fact and it will all go away. I saw an interview of Chevy Chase last night and he said that most of the celebrities he's ever known feel like someone will "discover" that they really have no talent after all.

I think that a lot of people get to a certain level of success and stay there because they just don't feel comfortable at a higher level. In retrospect, I think that may have happened to me and caused me to sort of slack off when I got to a comfortable income level. Looking back I actually felt a little fear at the idea of making more money than I already was, and it held me back.

People fear failure because their self-esteem is too tied-up in what they are doing. If they fail then they are somehow diminished and less of a person. And, they are concerned about what others will think if they make a mistake or if

something isn't perfect because they depend on the approval of others in order to feel good about themselves

When you are afraid, you go into a protective mode that includes, but is not limited to:

1. Giving up too easily. You can't be good at what you do if you give up too easily. Some things just have to be hammered—on repeatedly until you get the results you want. Fear of failure is a self-fulfilling prophecy, because when you give up too easily failure is almost assured. Weird how that works, don't you think?

2. Not trying at all. Sometimes fearful people won't even try. If it's something new, forget it! How can you get the best out of yourself and others if you don't even try? And how can you innovate if you don't try new things?

3. Anger. When your fear manifests itself as anger, very bad things happen. You alienate your family, friends, and employees. And, you become unpleasant to be around, which is a good way to lose customers.

4. Overcompensation. Instead of getting angry, some people overcompensate. By that I mean that they are so afraid that they will make a mistake that they will go overboard to make sure that they don't, wasting time, money, and other resources.

So what's the cure? Self-confidence. That's easy to say but hard to get. The good news is that books and tapes are out there that will help you. Find them. Study them.

Constantly remind yourself that nothing worthwhile happens without some failure along the way. If you're not making mistakes, you're not trying hard enough. Besides, you can never completely fail because, in your attempt, you succeeded in overcoming the fear of failing.

If you have to be afraid of something, be afraid of being afraid. Nothing will kill your dream faster.

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to sign-up, for information on speaking services, or for copies of past articles and newsletters. Comments and/or questions are always welcome at 1-800-366-2347 or Dave@DaveBalch.com.

Face your fears!

By James Winston

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Most people are afraid to change. They're afraid to face the uncertainty which we all feel when we leave our 'comfort zones.' Some afraid of failing, and others, believe it or not, are afraid of succeeding. What is sad is most people do not realize they have become paralyzed by their fears. Millions of people with great potential have been ruined and their entire lives wasted because they do not face their fears head on. You may recognize people who are afraid and hiding out in their comfort zones by their constant complaining about people who are moving forward. "See that guy over there? I'd have a great physique too if I worked out," (Well then, why don't you do it instead of just talking about it?) Rationalization and excuses have become the only form of "exercise" many people get. Remember this: if you move away from your fears, they will eventually dominate your life. But if you move toward your fears and face them head on, they get smaller and smaller.

James Winston—Motivational Counselor <http://getfit.blogspot.com>



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