

Fearless
How To Overcome The Fear Of Failure

1. Get the right _____

Proverbs 24:16 *Even if good people fall seven times, they will get back up. But when trouble strikes the wicked, that's the end of them.*

a) Don't _____

b) Understand that failure is _____

c) Prepare to _____

Galatians 6:9 *So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.*

2. Handle failure _____

a) _____

b) _____

James 3:2 *We all stumble in many ways. If anyone is never at fault in what he says, he is a perfect man, able to keep his whole body in check.*

c) Ask the _____

Mark 9:28 *After Jesus had gone indoors, his disciples asked him privately, "Why couldn't we drive it out?"*

Key question: _____ from this failure?

3. Replace your fears _____

Read Exodus 3-4

A – Activating factor: *(Moses is told by God that he's been chosen to lead the nation of Israel out of slavery to the Promised Land.)*

B – Beliefs: *(Moses thinks that he is inadequate to the task.)*

C – Emotional consequences: *(Moses is terrified. He begs God to find someone else.)*

D – Dispute the negative thoughts: *(I won't fail.)*

E – Exchange them for positive thoughts: *(God has promised to be with me and provide for all the needs. God will not fail me.)*

Signs of Fear of Failure

A reluctance to try new things or get involved in challenging projects.

Self-sabotage: Procrastination, excessive anxiety, or a failure to follow through with goals.

Perfectionism: Try only those things that you know you'll finish perfectly and successfully.

Self-doubt: Do you doubt your own abilities all the time and refuse to try new things?

Self-esteem: Do you talk yourself out of things by saying "I'm not good enough"? "I'm not smart enough...talented enough...capable..."

Self-image: Do you fear looking stupid in front of others?

Create a "Fear-List" (Tim Ferriss)

What are the worst-case scenarios?

What can you do to prevent those?

What are the benefits if it pays off?

What's the cost of inaction?

Evaluating our failures

What did I learn?

What mistakes were made?

Why did this happen?

How could I have done differently?

What can we/I do better next time?

Who could I talk to?

Jeremiah 8:4-5 *The LORD said: People of Jerusalem, when you stumble and fall, you get back up, and if you take a wrong road, you turn around and go back...*

Joshua 21:45 *Not one of the good promises which the LORD had made to the house of Israel failed; all came to pass.*