

No-Fear How To Overcome The Fear Of Failure

1. _____

Proverbs 21:5 *Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty.*

2. Send yourself _____

a) _____

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.*

b) I have to fail my _____

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.*

3. _____

a) Face reality and _____

Proverbs 28:13 *A man who refuses to admit his mistakes can never be successful. But if he confesses and forsakes them, he gets another chance.* (TLB)

b) _____

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...*

4. Let the _____

1 Kings 14:8 *But you have not been like my servant David, who obeyed my commands and followed me with all his heart and always did whatever I wanted.*

Key: God doesn't define me _____

Key: _____ I am His deeply loved child

Galatians 3:26 *For you are all children of God through faith in Christ Jesus.*

Signs of Fear of Failure

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

Perfectionism: Try only things you know you'll finish perfectly.

Self-doubt: Do you constantly doubt your abilities 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?

Planning and Preparation:

What is the risk I'm considering?

What are the potential rewards and benefits?

What is the worst-case scenario, and how likely is it? Be realistic and don't dwell on unlikely worst-case scenarios.

What resources or skills do I have that will help me succeed?

What steps can I take to mitigate potential risks? Develop a plan to minimize potential downsides and increase your success.

Self-Assessment:

Am I passionate about this opportunity?

Do I have the time, energy, and resources to commit to this?

What are my biggest fears associated with this risk?

Have I done everything I can to prepare myself for this challenge?

Create a "Fear-List" (Tim Ferriss)

What are the worst-case scenarios?

What can you do to prevent those?

How could you recover if they did happen?

What are the benefits if it pays off?

Evaluating our failures

What did I learn?

What mistakes were made?

Why did this happen?

What could I have done differently?

What can I do better next time?

Who could I talk to?