

See Challenge As Opportunity

Self-disciplined people also are more likely to lean into challenge and adversity, within reason. A benchmark of self-discipline is to be relentless in the pursuit of your goals.

The thing is, there are always challenges in life. Things don't always go to plan.

Obstacles get in the way, and what separates self-disciplined people from those who aren't, is that they believe every problem has a solution.

Additionally, they recognize that the more problems they solve, the more experience they have. They understand adversity only helps them grow, and they use that knowledge as fuel to keep moving forward in spite of difficulty.

If you struggle with sticking to commitments you've made to yourself, consider why? Is it because you hit a challenge and backed away? Consider how you may change your response the next time something similar comes into play, and how you can grow from perseverance. Regardless of where you're going, following these steps are sure to get you there!

5 Keys to Conquering the Fear of Failure

1- Break It Down Into Pieces

Your first inclination might be to avoid whatever frightens you all together and take the easy way out. Don't do that. Instead, commit to tackling your task by taking small steps to complete it. Break it down and start with the very first thing that you can manage. As you chip away at the big obstacle in front of you, you'll grow stronger, more confident and more courageous.

2- Put A Positive Spin on Failure

For everything you can be afraid of about your situation, there's often at least one or two things from which you can benefit.

Even if it isn't apparent at first, pay close attention. If there's a lesson to be learned, that's still a positive outcome. See how facing your fear (even if you fail) might make you a better, stronger person.

3- Seek Ways To Improve Yourself

One of the main reasons we fear failure is lack of preparation. Think about it. Let's say you have a big presentation to give tomorrow. Sure, it's natural to be a bit nervous – that happens to everyone. But consider the difference in how you'd feel if you spent the previous three weeks preparing, versus only getting started prepping two days prior?

You might experience an overwhelming fear of failure in the latter situation.

When you're staring fear in the face, use it as an opportunity to fill the gaps in what you can control – your preparation and readiness.

4- Consider What You've Achieved

If you fear failure, consider what you've already achieved in your life that somehow relates. Continuing with the example of a presentation or something where you have to be "on the spot."

Well, being put on the spot in the first place means you already passed some test or another even to have the chance to fail at all, right?

If you have a big presentation at work, you already successfully made it through an also-stressful job interview – and got the job.

If then, why not now?

5- Consider Other Failures in the Past

It can also be helpful to remember other times where you've failed in the past. While embarrassing or hurtful in some way – sure – you've likely since moved on from that and are in a decent position.

Remembering how you've overcome previous failures is evidence that failure is



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not the end of the world. It's okay to fail. Nobody gets everything perfect 100% of the time. You've failed before; you'll fail again (but not necessarily this time). You'll be okay.

Final Thoughts

While tempting, avoid resisting the fear of failure. Though unpleasant, it happens to everybody at some point or another. Trust and believe that you are on your right path, and you are resilient. Any failure is a lesson you can grow from, which helps you become a better person. Only when you face what scares you, and overcome it, will you be on track to being the best version of yourself possible.

A handwritten signature in black ink that reads 'Tiffany Hallbell'. Below the signature, the words 'TYH COACHING' are printed in a small, blue, sans-serif font.

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