

7 STEPS TO MOVE BEYOND A FEAR OF FAILURE

1



Start Small and Build Confidence

Begin with manageable risks to train yourself to face challenges and handle failure. Then, gradually increase the stakes to build resilience and confidence.

2



Set Process-Oriented Goals

Set goals based on effort, learning, and improvement instead of focusing only on results. Tracking your growth takes away the pressure of achieving a perfect outcome.

3



Try "Pre-Mortem" Thinking

Think of potential obstacles and solutions in advance, putting you in control of the situation. Try exercises like fearsetting, worst case scenario, or decatastrophizing.

4



Keep a "Failure Journal"

Instead of dwelling on failure, analyze it. Document what you learned from your failures. What went wrong? What can be improved? What did you do well?

5



Do Things You're Bad At

Deliberately engage in activities where you might fail. The more you face failure, the less power it has over you. Regular exposure rewires your brain to tolerate failure better.

6



Manage Anxiety with Mindfulness

Mindfulness exercises, like meditation, deep breathing, and grounding, decrease fear responses, reduce emotional reactivity, and increase cognitive flexibility.

7



Seek Growth-Oriented People

Surround yourself with people who embrace challenges and encourage resilience. When receiving feedback, separate personal feelings from helpful advice.