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Is Fear Holding You Back?

By Paul Dalton

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure" - Marianne Williamson

Many people interpret their fear of doing things as a reason not to do them. Sound familiar? I know I'm often as guilty as the next for allowing this to happen. The paradox about fear is that the more we experience it, the more we need to face it. This is not because we are gluttons for punishment, but because nothing is more effective at making us grow as human beings than our willingness to push passed the blocks that are holding us back. The more important something is to us, the more likely we are to experience a fear about going to get it. It does not mean, however, that we should be excused from working toward our desired outcomes. Fear is simply the indicator that lets us know they're worth working for in the first place.

It may help you to know that no one on the face of this earth is immune to fear. Behind all great achievements are piles of rubble where the walls of uncertainty have been broken through. Imagine what the world would be like now if fear actually did stop everyone from taking action to discover better ways of living.

One of the biggest fears that can prevent people from achieving greater rewards in their life is the fear of failure. What happens if it all goes wrong? When you think like this you are only mistaking setbacks for end results. It is not game over. If something turns out differently than you wanted, you will

always be able to learn from the experience and use it to change your approach. Virtually every successful person can tell you of the multiple failures they had to encounter in order to hit their jackpot. Failure = Experience = Success.

I am always hearing people say things like, "When I feel more confident in myself, then I'll do it". You do not have to feel totally ready before you start dealing with your fear. Confidence is a by-product of the fear bashing process. It is only when you start taking action, despite feeling frightened, that your confidence takes on a whole new lease of life.

Breaking your goals down into easy to manage chunks reduces the overwhelming sensation that can sometimes be attached to the greater objective. Doing something little everyday towards your desired future will soon add up to a significant positive difference in your life.

Remember, fear is a guaranteed and useful part of life. The choice is, do you continue to sacrifice your dreams because of it, or do you make the decision right now to pursue a better life despite its existence?

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