

# **Fear of Failure: It Stops you in your Tracks!**

**October 5, 2020**

- Weekly Product and Business Meeting – 1<sup>st</sup> Saturday is live at 10 AM CT.  
<https://zoom.us/j/215452258> or [www.allaboutmannatech.com](http://www.allaboutmannatech.com): the others are prerecorded links that are text to you by 10 AM CT on Saturdays.
- Next TNL, October 13th at 7:30 Pm CT [www.allaboutmannatech.com](http://www.allaboutmannatech.com)
- Mannatech Made Simple – Oct 24 – Click here to Register:  
<https://www.eventbrite.com/e/mannatech-made-simple-registration-116262691841>
- It is not too late to join the New Transformation Started Sept 21<sup>st</sup>... check out rules in the library
- Free shipping on One time Orders that include Mannaboom or ImmunoStart

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1. FEAR: this is a natural human emotion
  - a. When we are attacked by a bear, fear triggers you to produce adrenalin and you have more speed than ever before.
  - b. Danger no matter what requires a greater response and we get our senses enhanced with the adrenalin production as well as our physical capacity.
  - c. HOWEVER, "false" fear can freeze us and result in us not living the life of our dreams.
2. FEAR comes in many shapes and forms
  - a. Fear of failure
  - b. Fear of loss
  - c. Fear of rejection
  - d. Fear of success
  - e. Fear of inadequacy
  - f. Fear of unknown/uncertainty
  - e. Fear of change
  - f. Fear of being judged
  - g. Fear of getting hurt/loss of full use of body
3. Signs your fear is holding you back:
  - a. Among entrepreneurs, many fears exist and with Covid even more. Business closings, layoffs, furloughs, uncertainty lies ahead even for the President.
  
  - b. We hate to admit our fear...which is one of the BIG Problems! What we resist persists. Denial of anything keeps it in place... just not top of mind.

c. We hesitate to try things. So much new in our businesses...lots of technology and we "fear the unknown." Fall back: to do just the things we know. But maybe they are just not working as well anymore...the world around us changes, technology advances whether we care to participate or not. This is also generated by our fear of failure (as if it is unknown, we will not have the capacity to adjust and do it).

d. We settle...for far less than we are capable of. We stay in the dead-end job; we never go on that next date; we invest only in CD's; we don't try anything new; we say "we're too old to learn new technology;" The truth is we are settling for far less than what is truly available to us. We sell out for less, and we thus, achieve less joy in our lives.

e. We lie to ourselves. "I am not afraid." Everyone is afraid of something and entrepreneurs are truly "stepping out." Denying you are fearful never makes it go away. So, it is a better approach to "Feel the Fear and Do it Anyway!" Tap into the emotion of fear and use it for your success.

f. When things start going south, how do you respond? Do you label yourself a failure...which is a normal human behavior? STOP IT! Look at what has happened, and like Thomas Edison, "you just found one more way that it won't work."

g. We tend to judge others based on their success or failure. When you see someone who is really successful, you think "wow, they must be a really incredible person." Not true! Then you look at people who fail as if there is something wrong with them. See why you don't take risks? You don't want anyone thinking there is something deficient with you.

101 reasons why someone has success...and may have very little to do with them being an incredible person!

h. You make excuses. We can always come up with 101 reasons why we should not move forward...shouldn't, couldn't, can't right now, etc. it's too hot too cold, too dangerous, too much Covid, economy is bad, economy is too hot and will simmer off, it is brand new and thus more likely to fail, it has been around a long time so interest is waning, etc. "Fear is fluent with excuses."

3. Notice how what we fear actually comes to fruition

a. Why is that? Because "as a man thinketh, so is he."

So, every time we fear something, our conscious and subconscious are truly focused on it. The energy of our thinking creates results in our lives.

