

## Overcoming Fear of Failure



Sometimes when you think about a goal you would like to accomplish, you can be overwhelmed by what it would take to meet that goal, and because of this, you might not even try. Overcoming this fear is important if you are going to set goals that are deeply meaningful to you. To help you get at the heart of what is important to you, consider some things that you would like to accomplish if you knew you wouldn't fail and write them in the spaces below.

**What would you do if you knew you wouldn't fail?**

1

2

3

4

5

6

# Breaking From Patterns of the Past



When you start working on challenging goals, the habits you have developed in the past can either help or hinder your efforts. These habits are called "patterns of the past."

Select a goal from the list of things that you would do if you knew you wouldn't fail. Then, use the first two questions to help you reflect on both negative and positive patterns from your past. Finally, determine what you might have to do to break from the negative patterns.

Possible goal:		
What am I doing now that would help me be successful in achieving this goal?	What am I doing now or what have I done in the past that would keep me from being successful?	What would I need to do to change this?

## Identifying a Future Accomplishment or Goal

Now it is time to identify a specific accomplishment or goal you want to work on. It is also useful to think about what life might be like when the goal is realized. Use the questions below to help you do this. Be as specific as you can be.



<p><b>What goal have you selected?</b></p>	
<p><b>When you accomplish this goal, where will you be living?</b></p>	
<p><b>What are some things you will be doing?</b></p>	
<p><b>What will you look like?</b></p>	
<p><b>What type of people will you be working with?</b></p>	
<p><b>How will you feel about yourself?</b></p>	