

# Fear of Failure

October 2020 Newsletter

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[www.mariewellnessclinic.com](http://www.mariewellnessclinic.com)

## *Dreams!!*

Often we feel caught between wanting to take action to pursue our dreams and the fear of failure.

Fear of failure can be very powerful as can any kind of fear. It can cause us to hold back and not start, not take the first step. Internal negative messages and past conditioning can play havoc with our confidence. Our

sees them as opportunities to learn. By trying again, success is eventually achieved. In the distant past that was how you tackled life too.

Just because you have stumbled a few times in life and made a few bad decisions, is that really a reason to give up? If we fail it means at least that we have tried, taken a risk.

## *Self-Discovery Course*

- ***Recover from past disappointments***
- ***Manage Stress and Anxiety***
- ***Discover your Passion***
- ***Create the future you dream of***
- ***Free Consultation and introductory session***

subsequent failure to start makes us doubt our ability and that, in turn, lowers our self-esteem. Feeling stuck and unable to progress in our chosen direction depletes our energy too. It is difficult to feel enthusiastic when we are not doing activities that we find rewarding. It is almost impossible to go through life without failing. If you observe a child learning to walk or learning to talk the initial stages are a series of failures, but the child

Life is a valuable gift and we are given a second chance every day. Are there buried goals and aspirations that you are still drawn to and want to rekindle?

Dig them up and let them motivate you to strive and grow towards achieving your potential.

You've got nothing to lose!

## *Marie Wellness clinic*

As you can see the theme this month is all about risk and fear of failure.

Sometimes our self-belief prevents us from pursuing our real desires. Don't let your negative feelings about your own self-worth hold you back. Find real happiness in living the life you dream about.

"There is no passion to be found playing small - in settling for a life that is less than the one you are capable of living." Nelson Mandela

If you are unclear about what you really want but feel discontented with your current situation, why not contact me for a free Goals and Aspirations interview.

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