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Coffee with Molly

FEAR OF FAILURE

Funny, we do not always talk about failure in a positive way! Too often, we use failures as stop signs or cautionary tales. Rarely, if ever, do we discuss how failure can positively shape the course of our lives.

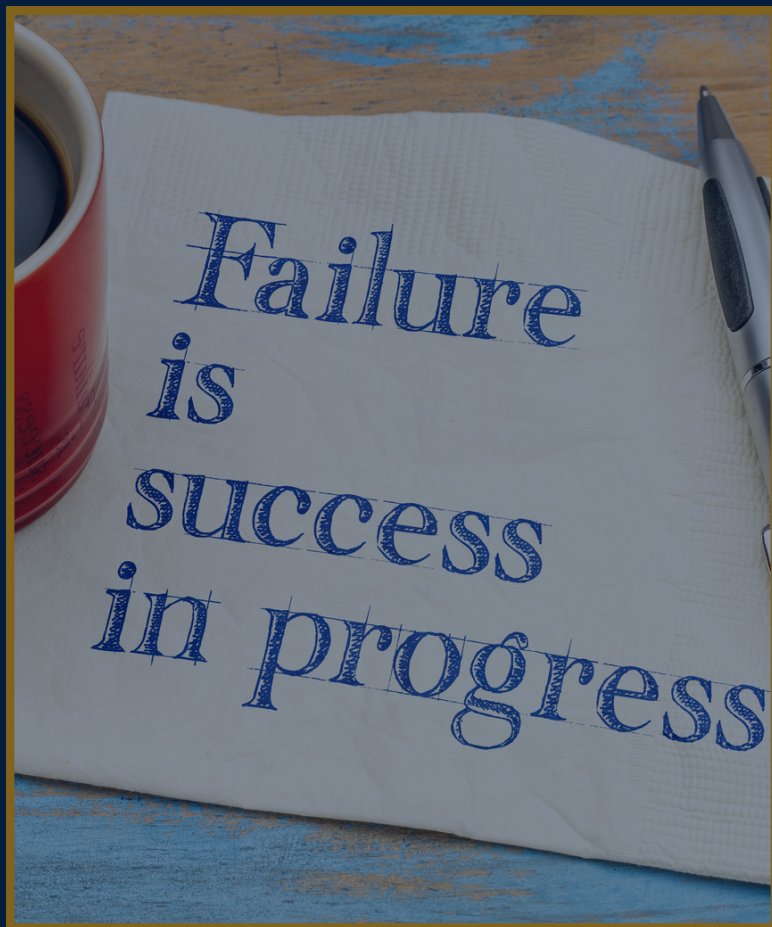
I get this. Fear of failure is almost worse than failure. When we live in fear, we do not really live. We are in a state of worry, stress, and sometimes fear can even put us in a position of paralysis. It can literally stop us in our tracks. Fear should be a warning sign or a reminder to think carefully about what we are doing and to understand the risks. It usually has a more negative impact on our bodies and our minds than the failure itself.

Failures are a part of everyone's life. None of us are perfect, and not everything we propose, try, think about, or engage in will be successful. Too often we understand this intellectually, but emotionally we feel like kids who dropped their ice cream cone with no hope of a replacement!

In my life, my failures have taught me valuable lessons. I would even say I have learned more from my failures than my successes! What about you?

I find that in times of crisis, change or uncertainty- fear is at its strongest point. Our minds will take this fear and turn it into a mental reality even if it never happens. Rather than using it as a reality check- we can become overwhelmed with the emotions and mind games that it can play.

I recently spent time with a long time and I am a very respected leader in our industry. Their world was changing rapidly - a change in their family situation, new leadership in their district, rumors of major shake-ups in their division along with the normal issues in transportation - and they were finding themselves in a state of fear. It was showing up in their physical health. Poor sleep, high blood pressure and even almost daily headaches were happening. As they shared with me, I felt their fear and I could tell - this very passionate professional was struggling.





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As honored as I was by their sharing with me, I was also frustrated. I detested seeing and hearing this awesome professional in distress. Despite a stellar career and excellent reputation, this professional was hurting and living in fear. In their mind - not only did their future look bleak - but they were fearing loss on multiple levels.

Most of us can identify with at least one part of this person's feelings. I know I do!

What I want to share with you today is simple, do not let fear control your life, your career or your choices. You will have challenges, which is a given. But you are well equipped to deal with them! 99% or more of what we fear never becomes a reality! We lose time and life in worry and fear!

When you do experience failure - look at it as a normal part of life. A part of your continuing education and growth! This too shall pass! Your mind set can make all the difference. Remember your track record! You have a great record of surviving and dealing with what life throws our way.

Our member and my friend, this just needed an ear and a reminder of who they were and what they could do!

That is the value of NAPT. Colleague to colleague! Friend to friend! Working together for success.

