



## WinIt Summit 2018 - #BFearless Session

### Key Concepts

#### Career Limiting Fears

<b>Fear of Failure</b>	Failing can feel like such a threat, that the motivation to avoid failure exceeds the motivation to succeed. This can cause an unconscious sabotage of success. Failing can cause feelings such as disappointment, anger, frustration, sadness, regret, confusion, and shame. To overcome this fear, you must overcome irrational beliefs. Stop trying to prove yourself to others. And remember, you can learn more from failure than from success.
<b>Fear of Rejection</b>	Fear of rejection is one of our deepest human fears. We're biologically wired with a longing to belong and fear being seen in a critical or negative way. Rejection confirms our worst fear – that we have little worth or value. To overcome this fear, you should discard the belief that others don't have a need for what you offer, and that other people's opinions define you. You need to learn to trust yourself and others.
<b>Fear of Inadequacy</b>	This fear causes you to cling to what you have now, fearing loss. This mindset sets us up for unhealthy competition, jealousy, franticness, anxiety, overworking, and confusion about what matters most. This feeling is the big lie that we have bought into – that we don't have enough or do enough. To overcome this fear, discard the belief that the possibilities are finite. Embrace the fact that perfection is an illusion. Believe in yourself and trust your talents. Believe you are enough.
<b>Fear of the Unknown</b>	This fear can manifest itself in a number of ways. You may be afraid to take chances and embrace change, or you may be worried about what happens if you break the rules. Learn to take chances and welcome change. Stop thinking what worked in the past will necessarily work in the future. No one can predict the future. Get rid of the belief that you shouldn't move forward until you can predict success.

*Use this section to record notes from your breakout group discussion:*

*Record your 2 action items or key take-aways from today's session:*

1.

2.



### Continue Your Learning Journey

*Complete this worksheet on your own to help dig deeper into your fear and plan actions to overcome it.*

1. What are you afraid of? **OR** What is most important to you, and what is a threat to that?

2. What is this fear costing you? How does it influence your actions and behaviors?

3. Consider: What is the worst that can happen?

4. What would your life look like without this fear?

5. What actions can you take to overcome this fear? (Refer to the living fearlessly key concepts below.)

#### Living Fearlessly Key Concepts

Cultivate confidence & self-awareness	View rejections & failures as opportunities
Know your worth & trust your talents	Don't overthink & be authentic
Become your own cheerleader	Be brave & take risks