

Conquer your Fears and Reach for Success

Are you afraid of success? Achieving success is what many people strive for and at the same time is something many people are afraid of. Whether it is asking for a promotion, applying to a new job or even starting a business, several people are afraid of what their accomplishments could bring or not bring. For many of us, achieving our personal victories can bring out much insecurity; whether we fear failure or fear not being good enough to handle impending success.

Achievement in our personal or professional lives can seem intimidating and far reached. When we read about other people's triumphs, we either hear the easy way someone became successful or the many trials and tribulations the person faced to get to the top.

The truth is, failure is often inevitable before reaching the top of our game. Many people who do thrive, have experienced criticism and rejection in their past. Donald Trump, one of the richest real estate moguls in the world, declared bankruptcy in 1991 only to go on to make another fortune shortly after. He is one out of many millionaires and billionaires to turn a failure into an asset.

Fearing success, whether it is because you worry about what other people will think, if you will fail or if you feel you cannot handle what your accomplishments will bring, will not allow you to lead the most fulfilled life you can live.

Following a few simple tips may help you confront your fear and achieve the dreams you never thought possible, until now.

Recognize your fear. Pinpoint what your fear is and write it down on paper. Seeing your fears and inhibitions on paper can keep you from allowing your thoughts to fester further. It may not even seem as scary when written down as it does when your imagination takes over.

Build a team of support. Surround yourself with family and friends who believe in you and support you. Positive thinking starts with the people around you. In order to have the courage to ask for that promotion or bring a new project idea to your boss, you have to have confidence and a positive attitude.

Join Social Networks and gain mentors. Networking can seem intimidating but is often an integral part of achieving success. The good news is with today's technology, networking doesn't have to mean fake smiling and making small talk with strangers at networking events. Networking can also mean joining online groups like LinkedIn and Twitter. These sites can open the door to meeting interesting and successful people,

allowing you to ask other people about their success and how they conquered their fear to get there. They can also introduce you to mentors who can help you reach your goals and provide you with a variety of learning and professional opportunities.

Dive into your fear. Sometimes in order to conquer our fear, we need to take a leap and take our chances. It may take a bit of preparation first but if we think about our fears too long, they only seem bigger than they are. Write down how you will ask your boss for a promotion and go into his or her office and ask. The worse thing that can happen is your will be turned down. At which point you can focus on your next future accomplishment until you reach the pinnacle of success.