

Tuesday Truths Feb. 22, 2022

I have been talking the last few weeks about FEAR. So today, I'm going to take an Introspective look—the Fear of feeling VULNERABLE.

Vulnerability means you are comfortable opening up to others. You own your story & SELF WORTH. Spill your soul. What do I mean by that? It's about AUTHENTICITY – Representing one's true nature or beliefs. Our true self! KNOWING we are ENOUGH.

Authenticity is the most significant gift we can give ourselves and those around us. As a client of my work, I continuously cultivate AUTHENTICITY and cope with my Vulnerability. I do this by stepping out of my comfort zone, like showing up weekly to these weekly live videos!

Staying vulnerable is a risk to put yourself "out there" about what you are passionate about and what you want to share. Nothing to hide! I love seeing the quotes others are sharing. I know they are doing more profound work, showing THEIR Vulnerability.

Most people fear failure. Essentially Fear of failing is a fear of, SHAME, SELF BLAME & DOUBT. In addition, there is a condition; FEAR of FAILING called "Atychiphobia," which can be crippling..... with self-doubt.

"Failure is Success if we Learn from It" ~ Malcolm Forbes. So, what have I been doing about overcoming my Fear & Vulnerability? First, I work with a coach! Working with my coach, I'm acknowledging feelings about my Vulnerability & judgment of what others may think.

I embrace my imperfection, and I find the courage to put myself out there about my new purpose in my life. I release my judgment of what others may think. I have self-compassion and connect with a community of like-minded individuals. It's referred to as "Whole Heartedness" – Love of Self! **I am enough.**

I have seven simple steps to help overcome Fear:

1. **Breathe** – Basic breathing techniques such as deep breathing helps you to calm your CNS to reduce your anxiety & worries
2. **Expect the best** when you feel this way – What's the worst thing that can happen?
3. **Imagine your PASSIONS & PURPOSE** is SO BIG it squashes your Fear. NO SHAME POLICY
4. The more **experience** you have, the more confidence you will build. No matter what it is.
5. **Take ACTION** – Just Do It! Even if it makes you feel uncomfortable.

6. **Avoid making negative assumptions** – That nothing will work. Instead, think about all the positive lessons that you can learn from Fear.
7. **FOCUS on WHAT You Can CONTROL** – There is NO FAILURE, only FEEDBACK. ~Robert Allen~ Sometimes, we are so focused on our goals we **fail** to get the valuable lesson learned from our failure. However, we can learn failing is an experience that can lead to success.

Ancient Chinese proverb: "Failure is the mother of success."

So don't let old beliefs that limit you from reaching your goals. Small failures, like small "habit changes, lead to BIG Successes. The best advice I have ever heard is "Don't let FEAR BIGGER than YOUR Dreams! As a self-acclaimed "Recovering Perfectionist," – I'm working on acquiring the ***"GIFT of Imperfection!"*** More of that introspection to come! In the meantime, until next week...

TRUST YOUR TRUTH!