

# What's Really Stopping You?

## Fear of failure

When have you failed?

What happened when you did?

What is your avoidance strategy?

What would have to change so you wouldn't fail again?

## Fear of ridicule

Have you ever embarrassed yourself?

What happened when you did?

What is your avoidance strategy?

What would have to change so nobody could mock you?

## Fear of the Unknown

What don't you know?

How can it harm you?

How would you know it was harmless?

What would have to change in you to become fear-less?

## Fear of success

Why might you not want to succeed?

What happened last time you were successful to now make you fear it?

What success-avoidance strategies do you now use?

How could you redefine success so it wasn't so scary?