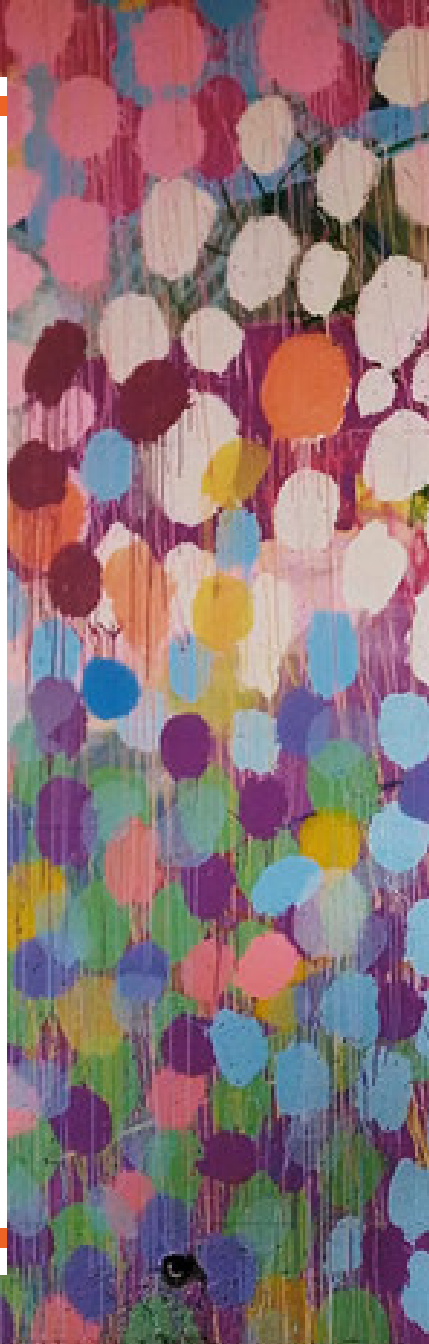


YEAR OF VALUES

STAY HUNGRY

PROVOCATION NO. 4



Do something

that scares you every
day.

- Eleanor Roosevelt -

For some, fear of failure can stop us in our pursuit of staying hungry. It can take many forms such as reluctance to try new things, procrastination, low self-esteem or self-confidence, or perfectionism.

It is nearly impossible for us to prevent failure in our own lives, but how we perceive failure really matters.

We can see failure as proof that we are lacking as a person or we can see it as a learning experience.

So, let's choose to take on fear and learn from our disappointments.

Because...

if we allow fear to stop
our forward progress,
we are likely to miss
out on great
opportunities along the
way.

Overcoming fear of failure is not an easy task, but with forward momentum you can continue your journey to becoming better and reaching your goals.

Take on a new challenge and remember, even if you fail, you are in a better position because you tried.

For this week's provocation, we will practice a little vulnerability.

We will explore a time when you struggled to overcome your fear of failure.

It is quite possible the fear in this situation overcame you, leaving you not to try. Perhaps you were able to push through the fear and still failed. Or maybe you conquered your fear and succeeded in your efforts.

Whatever the case, remember that it is all a learning experience!

Click the link on the following page to record your response.

LET'S GET STARTED!

Estimated Time Commitment:

10 minutes

What You'll Need:

X comfortable place to reflect

X willingness to participate

[Click here to begin.](#)