

Overcoming Fear of Failure on Big Deadlines

Stop

So, you're facing a big deadline and suddenly you're paralyzed with fear. You suddenly don't know if you're qualified or if you're ready to tackle such a big project. What if you mess this up? Although these are terrifying concerns for many people, they are also easily resolved and dealt with. And just how is this possible? How can you start breathing again? When you're beginning to feel the pressure of your deadline take a deep breath and stop what you are doing.

Regroup

For a few moments, do nothing but breathe and try to relax. Take an inventory of yourself. Are you doing things that are helping your body—eating right, exercising, drinking water, getting enough sleep? Are you feeling clear and focused? If the answers to these questions are 'no', then you need to regroup. This is not the time to let your body or mind become unhealthy and tired. This is the time when you need to be in top shape. Make the time to care for yourself, and your body will respond by providing the energy that you need to get through this stress.

Acknowledge your fears

Maybe you can clearly envision failure and all of the embarrassment that would come along with it. That's not helpful. Write everything down and admit your fears. Then ask yourself how real are they? If some of them are legitimate, set up a contingency plan to cover them. If there are things you are unsure about, it typically means that you don't have enough information. Ask yourself "What don't I know here?"

What would you like to happen?

Try to imagine the successful outcome that you would like. Imagine the details. What does the result look like? Who is involved? Breathe deeply as you envision your success. Deep belly breaths will help to involve both of the brain's hemispheres in working together. This cooperation will help you to solve problems more quickly and more efficiently.

What is your vision of success? You can write it down if you'd like and then close your eyes to picture it, continuing with the deep belly breathing. See all of the people that are impressed with you and their reactions. If you can, try to picture the place where the success will take place and the time when it will occur. Perhaps there is a reward in the completion of this project—picture that. Place pictures of the reward in your office--anything that might help to remind you of your goal will be helpful. Think about all of the other



times that you have completed a project thoroughly and effectively. Imagine how it will feel to take care of this project successfully.

Persistence and focus

If you are trying to imagine a successful outcome, but are having troubles, then your vision is not strong enough. You need to step back and envision the success again until it is clearer and brighter than your vision of failure. If you have other deadlines that aren't as pressing, but also aren't as stress inducing, think of how you are thinking of them. What is different about the way that you think of 'less stressful' deadlines? Perhaps the way that you think of them is something that you can apply to this particular project. Keep your eyes and your heart on the success of the goal and the fear of failure will fade away.

About the Author

Erica Bagshaw is the founder of The Alignment Group, an organisation dedicated to providing education and facilitation for groups and individuals to create meaningful direction and develop the resources and energy to accomplish it. Through speaking, consulting and teaching Erica helps her clients leverage their energy and thinking to generate successful outcomes.

She is a qualified NLP coach and Reiki Master/Practitioner with 15 years experience in the personal development field. With a corporate background in I.T., Business Systems Analysis, Recruitment, Sales and Management, Erica has a broad wealth of knowledge and experience of growing and developing small to large businesses.

Erica is passionate about helping people develop the skills and resources to live their life purposefully with clarity, dignity and with joy.

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Can we help you? Here are some of the things that people say about our services:

"Erica has the amazing ability to cut through the clutter and cut to the chase with her clients. Her work in goal setting, alignment and finding purpose is world-class - as good as and better than anything else I've seen or read." Gihan Perera, First Step Communications

"When my relationship broke up after 14 years, I thought it was the end of the world, but then I had some Reiki with Erica. The pain shifted and softened allowing me to imagine the possibility of a different future. In subsequent sessions using NLP and Reiki, Erica was able to show me how to move through all of the confusion and grief and come to a place of peace within myself that I don't think would have been possible had I gone it alone." Jan - Secretary

"I learnt how to think clearly. Instead of having life control me, I learnt the skills to control my life by no longer rushing from one emotional response to another. I was shown a tool kit to be able to look at things objectively and make responsible decisions. It made me understand that I am in charge of my life and all that is in it, I have set it up. I have the choice of how I view it and only I can change it." Natalie - General Manager

"I believe that change comes about as the result of consistent daily actions. The Alignment of the Mind is the only course I have done in 25 years of personal development that causes me to stay aware of my behaviour on a daily basis." Margaret - Transformation Specialist

"Working with Erica and the Alignment Group has been a truly life changing experience in my development as a person and in my professional endeavours. Erica's style, both professionally and on a personal level, is firmly based around the principles of honesty, integrity and a genuine desire to assist you in finding clarity, no matter what your situation. A wonderful coach and a wonderful person." Andrew Hill-Male, Owner, @HM Website Design

If you'd like to work with us

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