

Build Self-Confidence

Secrets to Overcome Shyness and Boost Self Esteem



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This Chapter should give you an insight of what this eBook is all about and will give you an idea of how this eBook will give you the edge you have always been looking for. Remember, this is only one small section of the eBook and I strongly believe if you only implement and act upon even 10% of this manual in your daily life. I promise you will start seeing the changes noticeably and your perception of yourself and life in general will change. You will feel Positive and Confident and each and every aspect of Your Life and will significantly change the way you live. I strongly recommend you read the whole eBook and please use this information and implement it. I wish you all the Best in Life and I hope this eBook makes a Big Positive Change in You.

CHAPTER 5: Fear of failure

Failure is success in disguise

Juris, a surgeon, was only three years of age when he learned that one must fall in order to get up again. However, such philosophizing was not known to him back then as he was still too young to figure it out. He only began to realize it when confronted with failure in his personal life and career.

His realization came hazily as his memories of such a tender age were faded by time. What he could remember though, was that he was always striving hard to learn how to bike. His mom and dad bought him a bike too big for his size and age and so he had difficulty in reaching the pedals.

Juris practiced his biking skills everyday, sometimes falling because he could not even reach the ground. While his bicycle had a handbrake, he could remember using his feet to stop his bike whenever he feels like it. Finally, his frustration has borne fruit because after weeks of daily practice, he has learned to stroll around the neighborhood with his bike.

Such a simple lesson from a child but every adult can learn so much from it. Our society has placed so much emphasis on success that failure has become a dirty and much-avoided word.

Others rely on positive thinking to keep failure at bay. While it helps, it also lulls a person into believing that nothing can go wrong, thus creating a false sense of security.

Failure may be a bitter pill to swallow but everyone must fail at one time in their lives. However, as Juris' experience has taught us, it is not the fact that you have failed that is important but the manner in which you have accepted and risen from such failure.

A person can either allow himself to be thwarted by failure, or he can use such failure to build up his determination to climb more mountains. What is important is that the experience of failing was not for naught, because the person who failed learned something from the experience.

Those who fear failure should know that most successful people have failed one or more times in their lives. But what made the difference

is how they learned from the failure and how they used failure to succeed in life. The real failures are those who fail once and then refuse to try anything ever again for fear that they might fail again. It's not the failure that should matter, it's the effort that should matter. Accept that fact that everyone is going to fail at point of or another, and in fact, it does not matter how many times you fail, but you have to realize the fact that if you have failed once then you should put double effort in your job. You have got to keep doing it until you succeed in it. As they say 'don't let the defeat defeat you, instead defeat the defeat.' Some very simple and short rules of life can affect us in huge ways.

The fear of failure creates anxiety due to the fear of not knowing and not being certain of what will happen next. Most often, this results in a small problem being blown out of proportion. The more a person thinks about the possibility of failing, the more he will jump to conclusions on the possible scenarios. Unknowingly, his fear of failure has made a small problem bigger and more complicated.

A person who fears failure can become too competitive. It forces him to treat every person and every opportunity as a threat. This takes the joy out of doing something that should have been simple and

without pressure. Such a person becomes nervous and anxious. The feeling of being pressured to do more and to exceed what is normal forces a person to be erratic and weary.

Fear of failure is normal. How you deal with it can make the difference. The best thing to do when confronted with fear of failure is to take inspiration from the reliable bamboo tree which bends when confronted with a strong wind, to keep itself from breaking, and to rise again when the wind has stopped.

First, a person must accept that he is not a perfect being, in fact nobody is. A person has a right to be wrong and to fail so you have to give yourself another chance and another day to fight your battle.

Always have a support group to lean on when the going gets rough so that you will not feel alone and rejected. Most successful people rely on their families and friends when they are at their lowest point in their life. Others rely on their dreams of making it to the top. Relying on family and friends is like the biggest support you can have. The family and friends are closest to you, so it is important that you let them walk, if not alongside, then behind you. So, that you know that

even if you are pushed back by the hurdles on your way, there is someone behind you to help you move forward.

Whatever you do, do not keep the feeling of bitterness inside you because it will become more dominating and it will overshadow the positivity of your personality and ruin you. Talk about your fear and your frustration because it is the only way to get it out of your system. Take it off your chest, share it with your friends and family, do something that makes you feel better. Write it down on a piece of paper and burn it, and picture in your head as it is not a piece of paper that is burning but your fear that is burning.

Whoever said that failure is success must have experienced failure at one or more times in his life. Or else, how would he have known that failure is just success in disguise?

"Success is the ability to go from failure to failure without losing your enthusiasm."
~ Sir Winston Churchill

If you enjoyed reading the chapter and feel that you learnt something. Please invest in this eBook and make the most of it and do not underestimate the Power of this Manual because I seriously believe that if you implement what you learn in this manual, Your life will change for good. These are proven methods and strategies to boost your self-confidence and kick your shyness out the window.

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Here is to your Success,

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