

FUNSHEET

5 EASY WAYS YOU CAN TURN FEAR OF FAILURE INTO **SUCCESS**



**ABSOLUTELY
WRITE**
WITH ADITI SURANA

WM
IVM PODCASTS

5 EASY WAYS TO TURN FEAR OF FAILURE INTO SUCCESS.

What makes some to be at their peak performance no matter what?

How do they deal with their failures and more importantly how do they still walk the path in spite of their failures?

Let's talk about:

- *What is this fear of failure?*
- *Which handwriting stroke can reveal this fear?*
- *What can you do to deal with it?*

What is fear of failure?

'What will people say?'

The ONE question that has single handedly **destroyed** so many people and their dreams.

Describe 3 situations where you did something because of **'what people will say'**.

1.

2.

3.

Graphology test:

To be fair, All of us have these self conscious thoughts every now and then, but if a 'fear of failure' stroke is seen in your writing, then it means that you unknowingly keep repeating the pattern.

Take a moment to pull out your notebook, diary or any notepad where you have already written something or if that is not handy then write 3-4 lines that **begin with 'I am...'** once you are done, look at the letter formation of 'm'. Letter m has two humps. If the second hump is taller than the first one, then you do suffer from 'fear of failure'.



The actual letter formation: The stroke is found in the letter m - upper as well as lower case. Notice the way you form your two humps in the letter m. If the second hump is taller than the first one, then you have **fear of failure**.

Every single time you think of trying something exciting and new that

1. involves **taking risks**
2. walking **out of your comfort zone**
3. exposing yourself to **failure;**

your mind and body is filled with these paralysing feelings of

1. embarrassment
2. shame
3. ridicule
4. failure

We must use Graphology as an _____ tool and not a conclusive one.

Which means if you have this stroke in your writing then:

- **Ask more questions.** Observe your behaviour carefully.
- Just notice what exactly **do you say to justify your fears.**
- **Hear your thoughts** when you are feeding this fear.
- Explore how **Procrastination, perfectionism and overthinking** is adding fuel to 'fear of failure'.

We have episodes dedicated to **imperfection** & **overthinking**.
Do listen to them as well.

5 ways in which we can deal with this fear of failure.

1. **PEOPLE DON'T THINK ABOUT YOU THAT MUCH.**



'They are busy in their lives.'
were the words of Malini Agarwal
the founder of [MissMalini.com](https://www.missmalini.com),
when I asked her about how she
deals with failure in the
'Absolutely write' episode.

Describe 2 situations where you **did not give into 'What will people say?'** You did it anyway.

1. _____

2. _____

2. IT'S NOT ALWAYS NICE BUT REQUIRED.

Pick up & commit to one task that you have been **avoiding** as it's **painful but know is required for your growth**. (e.g. workout regime, learning a skill to enhance your work or even diet)

3. BE FEARFUL AND DO IT ANYWAY.

Motivational speaker Tony Robbins.

'I can be fearful and I can do it anyway. *Do not focus only on getting rid of the fear. Learn to dance with it. You do not have to feel good to do it. Do it anyways.'*



I acknowledge this fear and do that fearful thing anyways.

Pick one decision where you wish to implement this. Describe what your fear says to you. Acknowledge your fears.

Make a list of actionable things that you can do to move forward

4. **FAILURE IS JUST ANOTHER WORD FOR EDUCATION.**

Brene Brown says in her book Daring Greatly

‘failure is an imperfect word because if you take the time and have the patience to learn from your failures, then they aren’t failures any longer—they’re lessons.’



“You may fail at something but that doesn't make you a failure.”

Every failure is a lesson in what you shouldn't have done, in order to get the result you had in mind. It means you need to rethink two things:

Do you need to **change the goalpost?** If yes, what should be the new goal?

Do you need to **change the method?** If yes, what changes should you be making in the method?

5. FAIL FORWARD.

'Fail fast. Fail forward'

Aakansha Gupta shared this as her success Mantra.

At times on newer journeys, you're ought to **fall or fail**. Sometimes you need to go through a grind of failure before you actually get it right. So segregate emotions from the practical challenge at hand. *Be ready to fall forward. Take risks. Small. Manageable. Practice . Practice. Practice.*

Make your fail forward plan.

Task:

Make a list of small manageable risks that you can take.

WRITE HERE RIGHT NOW

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Happy writing!