

Do It NOW Habit Program

Day # 1 –

Illusion – Fear of failure

Fear of failure is the biggest obstacle to success. Most people want ‘success,’ yet they first focus on ‘not failing.’ By focusing on ‘not failing’ one actually focuses on failing.

Illusion Breaker # 1: There is no such thing as failure, only outcomes. “Failure” is a subjective evaluation and there is no global standard of success or failure. Both are subjective constructs of the mind.

EG: A billionaire might say that making \$40,000 is failure, yet someone who makes it from a fourth generation public assistance family to \$40,000 per year in income would probably consider it success. Point, success is subjective and failure is an illusion. There are only outcomes.

Donald Trump might consider himself a failure if he had no money.

Mother Theresa lived with no money; do you think she considered herself a failure?

Illusion Breaker # 2: Failure and humiliation do not have to be related. People are usually humiliated based upon what they think others think of them. The most successful people in history/life are not ones who worry about the opinions of others. (Rowling was told not to write children’s books; Marilyn Monroe and Clint Eastwood were told they could not act, etc.) Truth be realized, most people spend so much time worrying about what others think of them that they have little time to be concerned with you.

Some of the greatest people in history had massive “failure” in their lives before they succeeded.

Let’s look at Abraham Lincoln for example:

- 1832 Ran for state legislature – lost.
- 1834 Ran for state legislature again – won.
- 1838 Sought to become speaker of the state legislature – defeated.
- 1840 Sought to become elector – defeated.
- 1843 Ran for Congress– lost.
- 1846 Ran for Congress again – this time he won – went to Washington and did a good job.
- 1848 Ran for re-election to Congress – lost.
- 1849 Sought the job of land officer in his home state – rejected.
- 1854 Ran for Senate of the United States – lost.
- 1856 Sought the Vice-Presidential nomination at his party's national convention – get less than 100 votes.
- 1858 Ran for U.S. Senate again – again he lost.
- 1860 Elected president of the United States.

Failure is an illusion. You cannot fail in life.

You might not get the outcomes your want right away, but you can never fail. Ask Thomas Edison (if you apply the illusion of failure to his work, he “failed” to create the light bulb over 10,000 times) and Babe Ruth (he was the home run king and he also concurrently held the record for strike outs.)

Failure is not directly related to self-esteem and confidence. If it were Edison would have hated himself beyond belief.

To now move forward, **Step 1, you MUST realize that there really is no such thing as failure**, only outcomes! If you don't like your outcomes, it's simple, do something different.

Also, if there were no other people in the world to tell you what their definition of failure was, you never would have learned to think in terms of 'failure.'

POINT: To succeed you must "fail" so you can discover what works and what does not work. Like the yin and yang, they are inclusive; you cannot have one without the other. So, include 'failure' as part of your natural thinking and you'll succeed much quicker.

Exercise #1 – Where did you learn the illusion of failure?

Explore three past situations that you perceived to be failure, mistakes or just stupid behavior. These can come from any area of life. The only rule is that these three must be your absolute most humiliating experiences. Pick three. The earliest you can remember, the last and most recent and one somewhere in between.

Notice every detail of the situation, who was there, how you felt, what happened, what other people said to you, what you said to yourself, etc.

Notice from your earliest experience. You might have been 10 years old or 12 or so on. This is where you "learned" to experience humiliation...and it was the seeding of the illusionary fear of failure.

Also notice these past experiences are no longer relevant, things have changed, people and life have moved on, what once was important is not anymore.

You learned to fear failure and humiliation. Just as you learned it, you're now 'un learning' it and letting it go. The more you continue to let it go, the more you'll be able to remove most of it from your life. In the past, in your earliest experiences you didn't know that you had the ability to think otherwise and make other choices of thought – now you know. So, you can now realize that the irrational fear of failure was created by faulty thinking and it no longer serves you.

SPEND NO MORE THAN 15 MINUTES WRITING THESE THREE EXPERIENCES DOWN. (You do not need to write War and Peace. Just clearly identify the experiences and associated feelings.)

Go to your journal/notebook and write these down now.

Write at the top of the Page: Day #1 – Where I learned the illusionary fear of failure:

Experience 1

Experience 2

Experience 3

Notice how the past fear of failure and humiliation made you “feel” and where you felt/feel it in your body.

If in the future you find yourself in a fearful situation regarding failure and in particular what people think of you, here is how to eliminate that feeling:

1) FIRST, literally ask yourself, “Am I seeking, approval, security or control?” (All three of these together or individually create and feed the fear. All three are the biggest traps that we fall into. Know your traps, recognize your traps and you'll free yourself from the traps!)

2) NEXT, Ask yourself, “Could I let this feeling go?”

- 3) NEXT, Ask yourself, "Would I let this feeling go?"
- 3) NEXT, Ask yourself, "When will I let this go?"
- 4) If NOW, take a deep breath and as you exhale imagine you are letting the feeling go as you feel it leave your body as you exhale. Literally imagine you move it out of your body.
- 5) Imagine some time in the future where you are performing the activity without fear and with complete confidence.

Day #1 is finished.

WARNING

If you do not write this down NOW, Hyde is tugging at you.