

Are You Afraid of Success?

I've been a bit surprised by fear of success being fairly common among many of my clients over the past 10 years. Like you, I would have guessed that more people were afraid of **failure**. But for driven, talented people --they know they can get things done. Sure, they don't want to fail, or look the fool in front of others, but moreso they are afraid of WHO they will become when they achieve REAL success. I'm on a mission to debunk the myths behind this fear, to root it out, and help you move forward and experience the life you desire. This workbook is designed to walk you through 5 principles and some exercises to help you embrace, design, then LIVE the amazing life you deserve!

>PRINCIPLE ONE: You deserve all the good you desire.

*Did you cringe a bit when you read that last bit? Maybe you thought: **"What if I don't deserve a great life?"***

If you've been following my work at all these past several years, you know how much this one gets under my skin. **Everyone deserves to be happy.**

By the way, happiness and wealth are NOT mutually exclusive. Nope, not even a little bit. This means there is nothing wrong with wanting to accumulate wealth for a level of comfort, in order to do more good in the world, or for whatever you want (the only caveat I hold firmly is that no one else is harmed in the pursuit of one's happiness). Think about it: a poor person has limited means for doing good and inspiring others.

Consider that we each have a duty to be our best for our own sake, as well as for others! It took me some real soul-searching to get right with this one. Fortunately I have found many examples of people that I truly respect that built prosperity, and use it for lots of good. *Give up the notion that you have to be a martyr to be a good example!*

What about being worthy, even if you don't necessarily want big wealth? Every human being has the right to learn how to be happy and to have a shot at creating the life they dream of. Chances are, you've been holding yourself back due to some old thought habits about the kind of person you are and or what is possible for you. Limiting beliefs and actions always come from a place of fear rather than love.

The first step to increasing your self-worth is to do a little sales job on your inner self. Open the door! Let some love in.

EVERYONE DESERVES TO BE HAPPY

List 10 reasons why you deserve to achieve a BIG goal (You absolutely do! *Channel your mom or best friend if needed.*):

1.	2.
3.	4.
5.	6.
7.	8.
9.	10.

➤PRINCIPLE TWO: All Fear Lives in the Imagination

Do you fear the unknown? Of course it is easier to *know* than to imagine, thus it is difficult to picture what life outside the Familiarity Zone might entail. This one is basically just human nature, but can be overcome by doing. All fear lives in the IMAGINATION. F.alse E.vidence A.ppearing R.eal.

The thing is, you've already proven to yourself you can stretch and grow many times throughout your life. Stop letting this one hold you back. Start now by identifying your fears.

WHAT ARE YOU AFRAID OF?

Naming your fears can weaken them, as can realizing they are not very likely. Jot down what you are afraid might happen by moving forward & consider the real-life probability:

➤PRINCIPLE THREE: You have the power to recreate yourself.

Start questioning any beliefs you have held that misled you into thinking that being successful means being someone you might not like. I.e. ***"What if I get too busy, or become an asshole?"***

Ha! That could happen if you're not successful too. REAL SUCCESS means having clear priorities and following through with what you said you were going to do. If that includes having a lucrative business, enjoy home-cooked dinners with people you love, take your family on the best vacations, and x, y, and z- that's great!

We are ALL a self-fulfilling prophecy. Expect good things for yourself, and you will see over time that's who you will become.

WHO DO YOU WANT TO BECOME?

Note some attributes you like about your future self (include qualities you like about your current self and other people you admire):

>PRINCIPLE FOUR: You Can be Effectively Productive AND Enjoy Life Fully

I tend to be "all or nothing" so I get it- it seems difficult to imagine being a Go-Getter AND being good at relaxing.

It really only takes presence of mind. Seriously. It is that simple. *Be here and now with whatever you are doing.* Appreciation of each moment breeds peace of mind and joy! *(If this seems difficult for you, the first step is probably to allow yourself to explore and learn this skill. Find experts to help you master this critical component to the art of having it all.)*

EFFECTIVENESS -AND- ENJOYMENT

Where could you see yourself being focused more on the present moment, and what positive ripples are possible?

<i>work tasks</i>	<i>relaxation moments</i>

>PRINCIPLE FIVE: Celebrate what's already amazing.

A proven practice for greater happiness and empowerment against common fears is to express gratitude daily. For even better results, also celebrate something positive on a weekly basis, even if it seems small. It all adds up!

CELEBRATE SUCCESS!

Identify one thing you can celebrate right now. Decide how best to celebrate it, and take action. Good job!

Want More? [Have a Listen at EnvisionSuccessInc.com/podcast](http://EnvisionSuccessInc.com/podcast)

Embracing Success

Principles To Live By

1. YES! You deserve all the good you desire.
2. Take a step out of the Familiarity Zone toward what you want.
3. Decide who you WANT to become, and keep your priorities.
4. Be here when you're here, and there when you're there.
5. Celebrate your life daily!



♥ Heather Legge