HOW TO OVERCOME FEAR OF FAILURE IN BUSINESS

FEARS

-Of what may happen

-How we handle our emotions

-Of Change

-To lose something/experience pain

-What if it doesn´t work

SOLUTIONS

-Understand that it is a process

-Find joy in the process

-Detach yourself from the outcome

-Focus on the things that you can control.

-Write down the worst scenario you can imagine
(Most of the time the worst things we imagine DO NOT happen)

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