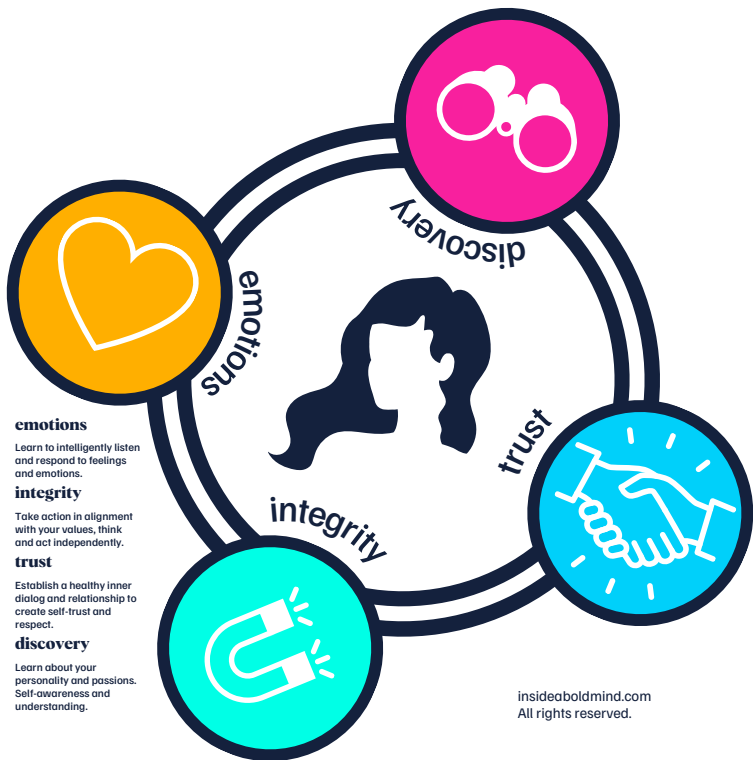


Go-Getter's Compass

SELF-BELIEF FRAMEWORK



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Loosen the Grip: Fear of Failure

Next time a colleague, friend or family does something to confront their fear of failure, ask these questions afterwards to open their mental gateways to self-awareness and self-trust.



Discovery

What aspects of you and your skills have enabled you to do this well?



Trust

You're skilled at this. How have you learned to do it?



Emotions

How did you feel before, during and after doing this? Did those feelings serve you well?



Integrity

Why is it important that you did the task this way?

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