

Overcome Your Fears

Fears around business ownership are perfectly normal, but you can't let them control your thought processes and decision making. Let's analyze these fears and work to overcome them.

Fear of Failure

What would failure look like for you?

What's the worst that would happen in that situation?

What would still be good?

What would you do after the failure?

Fear of Success

What stresses would success give you?

What benefits would success give you?

How are you getting in your own way?

How can you keep control?

Fear of Overwhelm

What type of tasks seem to tip you over the edge to overwhelm?

How can you design your business to prevent this?

What system could you use to prioritize and manage all the pieces?

How can you build your resilience to overwhelm?

Fear of Inadequacy

What insecurities are causing this fear?

What adjustments can help you compensate?

How can you build confidence in these?

What strengths can you lean on?

What other fears may be holding you back? And how can you overcome them?