



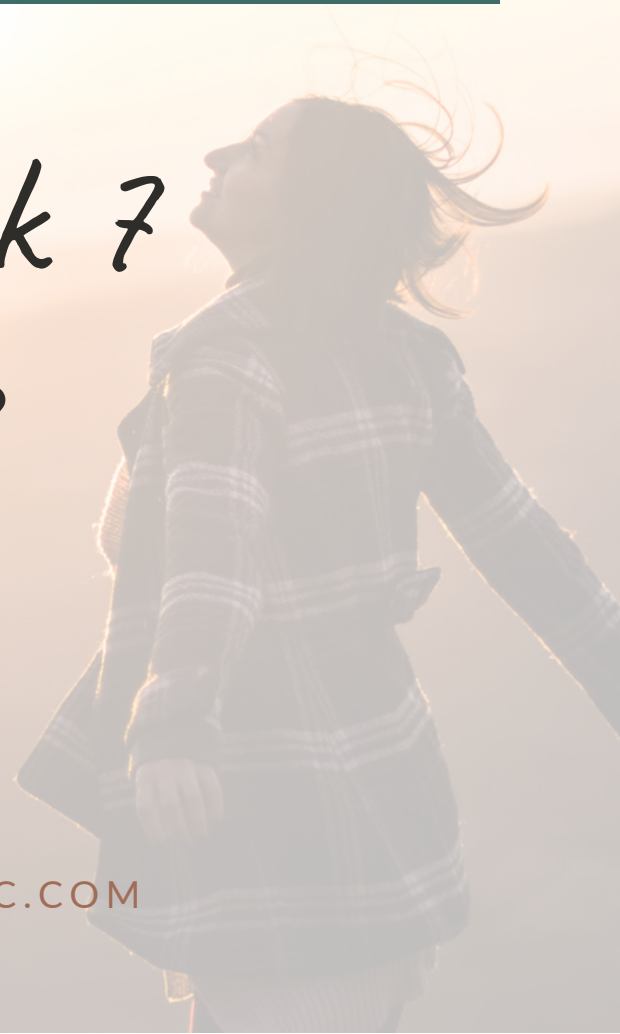
RISE

*Ralise your POTENTIAL
& Live your PURPOSE*

Workbook 7



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Welcome to Module 7!

Fear of failure - I think we all have it and know what it feels like. Fear of failure shows up particularly when we're setting out to try something new and important to us - a combination that is guaranteed to co-occur with realising your potential. That's why Module 7 is dedicated to addressing it.

Fear of failure shows up in our thinking, feeling and actions, which is why it's important to address all of these three levels if we want to cope with it constructively. Cultivating confidence in our own ability to overcome challenges (aka self-efficacy) is also key. The following exercises are designed to help you do exactly that.

Maike x



1) *Module recap*

Write down your 3 key takeaways from Module 7.

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2) *Understand your fear of failure*

Take a moment to reflect on your fear of failure with regard to the goals you've set for yourself over the course of RISE. How have you felt? What were your thoughts? And how has this impacted your actions?

Note: If you haven't experienced any fear of failure throughout the RISE course, think of a different situation in your life where you may have experienced it. If you have never experienced fear of failure, simply skip this exercise ;)

This is the situation in which I experienced fear of failure:

This is how it made me feel:

These are some of the thoughts I was having:

This is how it impacted my actions:

Now identify how you could deal with this situation if it occurred again in the future.

This is how I would regulate my emotions to feel better (e.g. exercises, mindfulness etc.):

This is how I would question and counterbalance those thoughts:

And this is how I would support myself in the actions I take:

3) *Self-confidence*

Make a list of all the difficult situations you have overcome in your life (big or small - every situation counts).



Think of the goals you have set for yourself throughout this course and in order to realise your potential. Who has achieved something like this? What did they do that may have helped them achieve that? How are they similar to you? Who could serve as a role model? Write down your notes below.

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