



“ I can never fail,
for everything
that happens
contributes to me
being better. ”

Learning From Setbacks Makes Me Fearless

How many times have you set goals or a New Year's resolution but haven't been able to see it through? Have you thought about what's holding you back? For most people, it's fear. Fear of failure, fear of not being good enough, or fear of disappointing others are the three most common reasons your success has seemed beyond your reach. With small shifts in perspective you can learn from past setbacks to overcome those fears and achieve more than you ever thought possible.

New challenges come with uncertainty. Shifting your thoughts from everything that can go wrong to the smaller steps that you can control will go a long way towards building your confidence. Discover how this challenge will help you get closer to your goal by connecting with the purpose behind what you are doing. In terms of fitness, the purpose of your goal might be, "to be your best so that you have the energy and strength to take care of your loved ones." The core of fearless living is based on having a sense of purpose. Having purpose is empowering, making you feel a sense of being in control. Setting a goal will give you direction, achieving that goal will give you a satisfaction of improvement and the rush of overcoming difficult challenges.

Even so, mistakes or setbacks are bound to occur. Taking the opportunity to learn from those mistakes gives you the potential for growth. Through failure, you learn what your strengths are, you can discover what doesn't work so that you can make adjustments for the future, you learn more about yourself in the process and can even gain empathy towards others that might be struggling. You also learn to be resilient which contributes to a growth mindset which gives you the ability to be flexible. Being able to adapt, even becoming creative in your approach to overcoming obstacles allows you to use change to your advantage and again, grows a positive mindset. The best part is learning from setbacks allows you to see progress which fuels motivation!

The second fear is fear of not being good enough. You can overcome this fear by revising your thoughts. Allowing negative thoughts or thoughts not based on facts can put the brakes on moving towards you living the life you want. Instead, ask yourself what you can do to increase your chances of rising to the challenge. Strength doesn't come from what you can do, it comes from conquering the things you once thought you couldn't do. Allow yourself to fail but learn how to push through, adapt, adjust to keep moving forward. What you do every day matters because consistency is key to success.

Fear of disappointing others often keeps people from taking the first step towards their goals. Inherently, people want to please others, especially people they admire and respect. Those that really care about you, only want to see you succeed. Most importantly, you need to clearly define your goals and what success means to you. No one else's opinions or expectations matter.

Everyone feels scared sometimes, even confident people feel afraid at times, people aren't just born fearless; they have to work at it. Discovering the sense of purpose behind your goal combined with a mindset for growth is key to overcoming that fear. 8X Mr. Olympia Mr. Lee Haney often says, "Be careful what you eat and the company you keep." Not just in the literal sense of the food you put in your body, but the words and thoughts that feed your mind. Feed your mind and spirit with positive thoughts and surround yourself with people who will support you in your goals. Equally important is to clearly define what success means to you. You will find each time you push your limits, you will get a massive sense of achievement and power, and with it the belief you can do anything. You'll feel emboldened that can propel you with the mental and physical energy to overcome obstacles and take on new challenges for a bigger, more fulfilled life.