

The fear of SUCCESS.

I believe that the fear of failure is more self-centric - it's beating yourself up over mistakes and not staying the course, and not seeing the Edison moments in your life.

Fear of success is more about others - specifically, what will "they" think if I succeed?

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, "Who am I to be brilliant, gorgeous, talented and fabulous?" Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to manifest the glory of God that is within us. It's not just in some of us - it's in everyone. And as we let our own light shine we unconsciously give people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others. - Marianne Williamson

Fear of success is worrying about what others will say about you - in front of you or behind your back.

"Neurotic insecurity" is what one study calls the fear of success. But, a lot of it could be that we worry about others thinking the same thoughts we have thought about ourselves, witnessing another's success - jealousy, comparison, criticism, rejection, pressure...we wonder if we can handle all that - usually because we've been on the GIVING end of all that.

Isn't it Ironic? Dontcha think? :-)

Don Miguel Ruiz, author of The Four Agreements, says this is an example of the "agreement" we make with ourselves. Who we are is engrained in how we behave, and what is or isn't possible.

And sometimes those agreements are made from "less than" thinking:

- I'm not good enough
- Fear of all the things, not just success
- Worthiness based on what others think

WE ARE NOT CROWDSOURCING our lives! There is no stage, no audience. Your life is given to YOU, no one else.

This is your ONE SHOT. *Cue the Hamilton soundtrack*

My ex-husband said I could never be anything. He diminished me and chipped away at my self-worth. That stopped me ... for a while...

...And then I went on to write 10 books, including one New York Times bestseller

...To host a drive-time radio show in SoCal

...To create and hold onto a business for 20 years

...To become a national spokesperson for Meals on Wheels

Every single one of those accomplishments required flipping the fear of success AND failure.

Here's some help and how I did it:

1. Surround yourself with all the positive things: quotes, people, mantras, a meditation practice, journals, goals, and positive I AM statements.
2. Build a success library. Personal Development is essential to grow the part of you that is lacking.

3. Take personal responsibility for yourself.

4. Stop telling your tales of woe. PSA - they're BORING, tired and only create more of the same. You get more of what you focus on!

5. Get physical - it is incredibly and dynamically life-changing, and one of the best things for depression.