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One Page Summary of Your Fear of Failure Practice

Welcome to Your Fear of Failure Practice

Engage in this practice for the next 30 days, at least 1 time a day or anytime when fear of failure shows up: at night if you can't sleep, throughout the day, and certainly leading into and right before any scary event in your life.

Note: You're not going to use this practice to get rid of fear of failure. You are only looking to calm it down to reasonable levels, without having to repress fear, such that you'll find yourself willing and able to do the things that scare you and take risks.

Keep in mind our equation throughout the process: Suffering = Discomfort x Resistance

Your Practice:
Do the first two steps the same as you've been taught:
1. 15 seconds: acknowledge that it's normal and natural to feel fear of failure.
2. 15-30 seconds: do a body scan, to hone in on your fear of failure. Find and name what it is that you feel (note- it may not show up specifically as fear of failure but as something else), where it is that you feel it, and on a scale of 1-10 how strong is it?

The last two steps have been enhanced beyond what you've been taught:
3. 15-30 seconds: do another body scan, to hone in on your resistance. Find and name what it is that you feel (note- just let the word or sentence come to you without thought), where it is that you feel it, and on a scale of 1-10 how strong is it?
4. 2-5 minutes or for as long as it takes before you feel better: first feel your resistance, without trying to get rid of it. Then for an additional 2-5 minutes or for as long as it takes before you feel better: now feel your fear, without trying to get rid of it.

Other things to note:
-You are doing this so you can take risks. So be sure to say yes to things that scare you, so you'll have a reason to use this method. They do not have to be big risks- little risks are great too
-Know after taking each risk, you will have some successes, and you will have some failures.
-When you fail, be sure to use the Bonus step of the Art of Fear Method to extract the wisdom of the failure. (1. find the percolation of energy found in your discomfort, then 2. ask why it's there and what message it has for you). You can also use the bonus step to address procrastination before any scary occasion.
-If you want to go all the way with pursuing your dreams and living your most magnificent and productive life, keep your practice up past the 30 days.

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