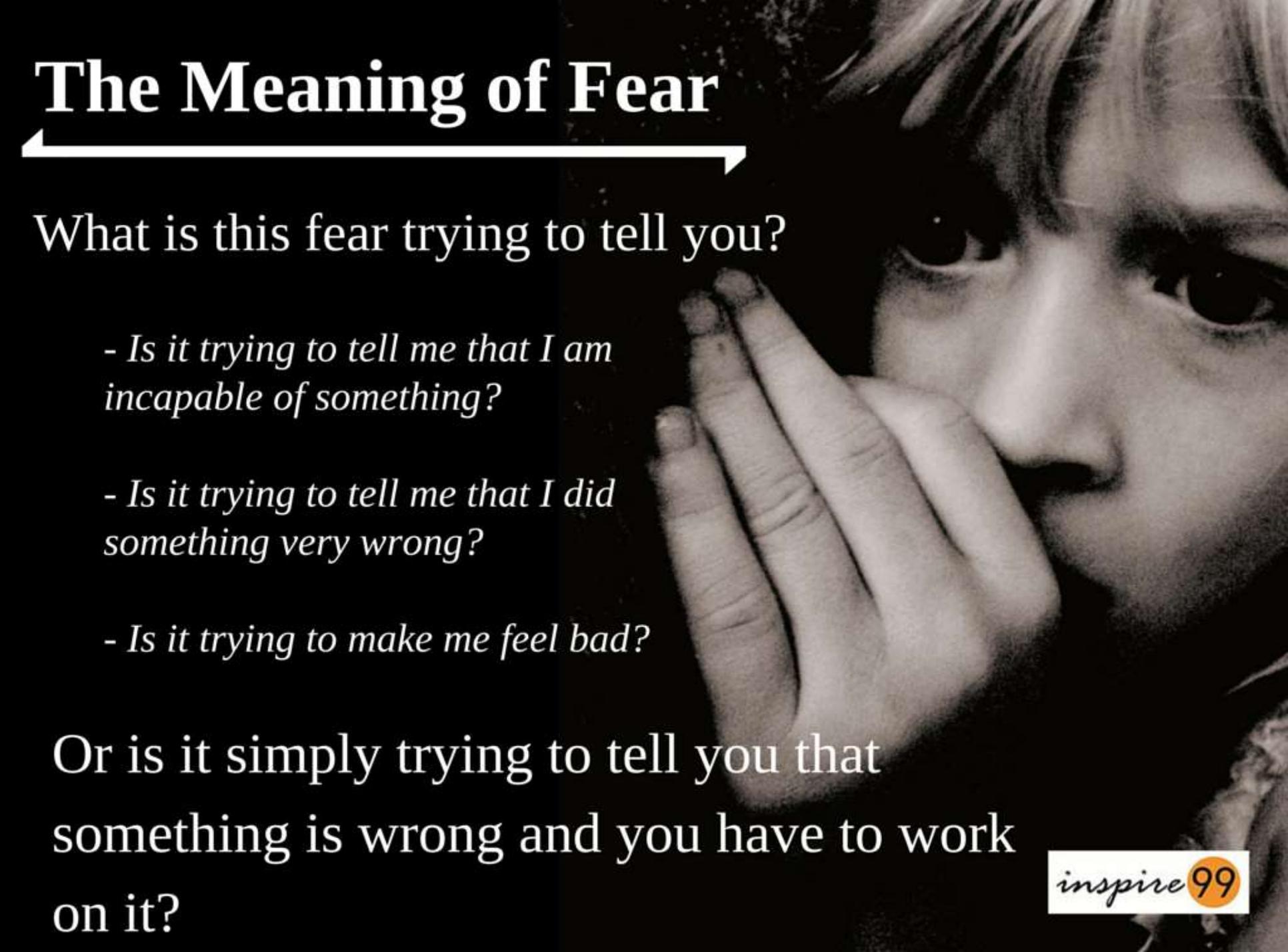




*How To Overcome  
Fear : 11 Practical  
Steps To Guide You  
Through The journey  
Of Overcoming Fears*

# The Meaning of Fear



What is this fear trying to tell you?

- *Is it trying to tell me that I am incapable of something?*
- *Is it trying to tell me that I did something very wrong?*
- *Is it trying to make me feel bad?*

Or is it simply trying to tell you that something is wrong and you have to work on it?

# The Purpose of Fear

What is its purpose at this point of time?



- *Is it trying to warn you of something?*
- *Is it trying to tell that you have to act upon something?*
- *Is it simply trying to create a diversion?*

**Every emotion has a meaning. What is the meaning of this one?**

# Ready When You Are!

Sometimes fear is just a signal to be ready

- *What do you have to be ready for?*
- *Do you have to consider a plan B if the current one fails?*
- *Do you need to get your resources in order?*

**Sometimes you need to be ready for a success too.**



# The Thin Line Where Fear Screws You Up!

There is a difference between being cautious and overcautious.

*- Does this fear seem rational to someone else too?*

*- What is driving you - The Fear or The Problem?*

*- Where does this fear stand in the BIG PICTURE?*

**How important is this worry?**

# What Do You See?

What is the first picture that comes to your mind?

- *Is it a challenge or the string of challenges?*
- *Is it the opportunities this project brings?*
- *Is it something which puts you into action?*

# Who Is Bigger? Fear or You?

Who is the bigger person here?



- *Does the fear make you question your capacities?*
- *Does it make you wonder if you are a failure?*
- *Does it make you think twice on every small thing?*

**Fear is a much smaller entity compared to you. You are BIGGER!**

# How Much of It Is Real?

Fear is imaginary, Danger is real - Will Smith!

- *What are you trying to solve -  
Danger or Fear?*

- *What is more important? -  
Symptom or the Disease?*

- *Don't rationalize the fear, say  
what it is.*



**Be honest, not for me, but for yourself!**

# The Curious Case of Fear

Why not be a little curious about fear?  
Just like the child

*-What does this mean?*

*- Can this mean something else?*

*- Can this be an opportunity for me?*

**Ask better questions and you  
will find better answers.**

# What is The Opportunity Here?



The fear sometimes is just a barricade for you to jump

- *What can this fear mean?*
- *What can jumping over this fear mean?*
- *How will I feel if I use this opportunity to win over a fear?*

Success is not just about your IQ - It is your EQ - Emotional Quotient.

# Failure Is a Matter of Perspective

What are you really afraid of - Failure or Fear?



- *What if you remove the word failure from your vocabulary?*
- *What if you replace it by feedback?*
- *How will you take this and move ahead?*

**What is failure to the world need not be failure to you.**

# Start Small

You don't have to climb The Everest in a Day

- *Take tiny steps, work on smaller fears.*
- *Win over them and reward yourself for the victory.*
- *We all have to start somewhere, why not here?*

**Take control of your life,  
Fear is just another word,  
you mean a lot more.**

Thank you!

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