

Wellness from Within - August 2006

Question Fear - By Jennifer Powers

A quote by author, Marianne Williamson makes one think...

“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, fabulous? Actually, who are you not to be?”

We all struggle with fear and it acts as our greatest obstacle more often than we'd like to admit. But is it a fear of failure that holds us back or is it a fear of success?

To check in with this possibility, think of a goal you have been working towards for some time. Consider what the outcome would be like if you finally ACCOMPLISHED it. Certainly it would be positive or you wouldn't want it so bad, right? You might be surprised to find that deep down you believe that reaching your goal will bring you more grief than good. To tap into this inner awareness, ask yourself the following questions:

If I finally achieve my goal...

How will my life change?

What will others say?

What will I have to whine about if I don't have “it” to whine about anymore?

Am I deserving of all that comes with it?

Who will my success hurt?

Will people stop liking/loving me?

Is this “unobtainable goal” filling a gap for me?

If any of these questions resonate with you in a negative way then it is possible the fear of success is getting in your way. In this case, take a moment to revisit your goal and list all of the reasons why you deserve to reach it. Embrace the positive changes that will come as a result and be prepared to graciously accept the negative opinions of others.

Recognize that it truly is about YOU and that you are brilliant, gorgeous, talented, fabulous. Making this one single shift will put you in a place to claim what was yours all along, SWEET FEARLESS SUCCESS!

Quotable Quote: “Fear not that thy life shall come to an end, but rather fear that it shall never have a beginning.”

--John Henry Cardinal Newman (1801 - 1890)