



THE CORNERSTONE EAGLE

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CORNERSTONE
INTERNATIONAL
GROUP



Fear of Failure is a real issue which many of us have experienced / or are experiencing. That Fear can stop us in our tracks, and deter us from even trying, when if we had taken that one extra step, our world may be quite a different world from now.

From a young age in learning how to ride the bicycle, the sense of Fear of falling off the bicycle and injuring ourselves stem from the Fear of Failure – of not being able to stay on the bicycle

and the horrible consequences. Or as we grow older, the Fear of failing exams may be such a threat that it stops us from being able to prepare adequately, and then facing the Failure prospect.

How would one's future look like, if we are dogged by this Fear of Failure as we progress through life? To be constantly afraid of Failure, and consistently attempting to minimize the Failure aspect of life, and robbing ourselves of the courage and confidence to live a richly engaged and fulfilling life. We would as a result leave behind our self-esteem, self-worth in our journey through life.

One important aspect of Failure which is often overlooked is that it is the Mother of All Learning. From Failure one is endowed with much Humility, which opens hearts, minds, ears and eyes for some transformational learning from mistakes, and never to repeat them again.

In this November issue of the Cornerstone Eagle, let us examine the **Fear of Failure**: what it means, what causes it, and how to overcome it to enjoy true success in work and life. **More later.....**

Cornerstone International Group's vision is to be the best Global Talent Consultancy Group worldwide, and our mission is to accelerate the success of our clients by providing top-quality consulting services in the field of executive search, coaching, talent & workforce management solutions that are faster, better and at a value that serves our clients locally and globally. The Cornerstone Eagle newsletter is not a sales letter to promote activities of our 60 offices globally, but a tool to inspire you to maximize your personal and professional potential to be a Better Leader and a Better Person both at home and at business.

We shall be your Faithful Companion / Coach / Mentor on your life and career journey, supporting you to discover yourself and offering good advice for 'Healthier Business and Life'.

Best Wishes,

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Overcoming Fear of Failure

We all have different definitions of failure, simply because we all have different benchmarks, values, and belief systems. Failure for one person might simply be a great learning experience for someone else.



Many of us are afraid of failing, at least some of the time. The Greek word '**atychiphobia**' describes fear of failure, is when we allow that fear to stop us doing the things moving us forward to achieve our goals.

Fear of failure can be linked to many causes. For instance, critical or unsupportive parents who routinely undermine or humiliate the child. People

tend to carry those negative feelings into adulthood.

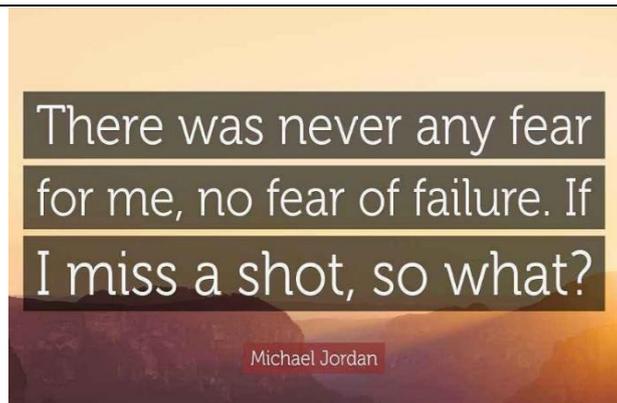
Experiencing a traumatic event at some point in your life can also be a cause. For example, say that several years ago you gave an important presentation in front of a large group, and you did very poorly. The experience might have been so terrifying that you became afraid of failing in other things. And you carry that fear even now, years later.

You might experience some or all of these symptoms if you have a fear of failure:

- a) Reluctant to try new things or get involved in challenging projects.**
- b) Unwillingly to set and follow with goals.**
- c) Low Self-confidence - commonly using negative statements.**
- d) Perfectionism - only try things that you know you'll finish perfectly and successfully.**

Truth is, it's impossible to go through life without failure. But the wonderful thing about failure is that it's entirely up to us to decide how to look at it.

We can choose to see failure as "the end of the world," and as proof of just how inadequate we are. Or, we can look at failure as the incredible learning experience that it often is. Every time we fail at something, we can choose to look for the lesson we're meant to learn. These lessons are very important, they're how we grow, and how we keep from making the same mistake again. **Failures stop us only if we let them.**



Most of us will stumble and fall in life. Doors will get slammed in our faces, and we might make some bad decisions. But imagine if Michael Jordan had given up on his dream to play basketball when he was cut from the high school team. Imagine if Jack Ma had listened to the people who told him he'd never do anything worthwhile with Alibaba and Taobao. **Think of the opportunities you'll miss if you let your failures stop you!**

Failure can also teach us things about ourselves that we would never have learned otherwise. For example, failure can help you discover how strong a person you are. It can help you discover your truest friends, or help you find unexpected motivation to succeed. Often, valuable insights come only after a failure. **Accepting and learning from those insights is key to succeeding in life.**

How to Stop Living in Fear

It is important to realize that in everything we do, there's always a chance that we'll fail. Facing that chance, and embracing it, is not only courageous – it also gives us a fuller, more rewarding life.

How to be fearless? Here are a few ways:

1. **Start by setting small goals.** These should be goals that are slightly, but not overwhelmingly, challenging. Think of these goals as "early wins" that are designed to help boost your confidence and fight against the fear.
2. **Look at the worst-case scenario.** In some cases, the worst-case scenario may be genuinely disastrous, and it may be perfectly rational to fear failure. In other cases, however, this worst case may actually not be that bad, and recognizing this can help.
3. **Have a contingency plan.** If you're afraid of failing at something, having a "Plan B" in place can help you feel more confident about moving forward.



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4. **Learn to think more positively.** Positive thinking is an incredibly powerful way to build self-confidence and neutralize fear of failure.
 5. After practicing Positive Thinking, **Visualization** can be another powerful tool. Imagine how life will be like after you've reached your goal is a great motivator to keep you moving forward.

That's it! Taking one small step at a time will help build your confidence, keep you moving forward, and prevent you from getting overwhelmed with visions of your final goal.

Food for Thought

2 Timothy 1:7

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

Isaiah 41:10

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.



Our Editor, Kuang Fu at kuang-fu@cornerstone-group.com would love to hear from you if you have special thoughts to share.

About Cornerstone International Group

Cornerstone International Group is a Global Talent Consultancy Group founded in 1989 with some 60 offices worldwide and headquarters in Shanghai, China and Atlanta, USA. Our **mission** is to accelerate the success of our clients by providing top-quality consulting services in the field of talent recruitment and coaching solutions that are **faster, better and at a value** that serves our clients locally and globally. We provide a proven approach to Executive Search, Executive Coaching and Board Solutions in China, Asia and across Europe and Americas. A global member of the Association of Executive Search and Leadership Consultants (AESC), **Cornerstone** is recognized as having the highest level of quality in the industry. Cornerstone is also named by Forbes as one of the Best Management Consulting Firms in Executive Search in 2016, 2017 & 2018, 2019 and ranked by Hunt Scanlon as top Global 25 groups in 2018.

