



“Nothing ventured,  
nothing gained. And  
venture belongs to  
the adventurous.”  
– Navjot Singh Sidhu

## WatchGlass Advisors, LLC

*By isolating a  
single aspect of a  
broader situation  
and focusing on  
it, great progress  
can be made...*

## Facing Your Fears

by Rosanne Scriffignano, CRC, ACC

How do you approach your fears? Healthy fears can literally keep us alive. Without them, we may take unnecessary risks that could injure ourselves or others. Conversely, unhealthy fears can steer us away from what we really want in life.

Eleanor Roosevelt recommended the following *head-on* approach to facing fears:

*You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do.*

What is the one thing which you think you cannot do? When faced with a new challenge, try to analyze your fears. Are they realistic or imaginary? What talents and skills can help you to overcome those fears?

## Taming the Fear Gremlin

My clients work hard to identify their goals as well as the steps necessary to achieve them. Often, their biggest challenge is to tame their fear gremlin. This pesky inner voice is always hard at work—preaching why they cannot reach their goals. The gremlin’s excuses are many. For example, they’re not smart enough or that they’ll look foolish if they try something new.

Fears can prevent YOU from reaching your precious goals and dreams. To help you address these fears, consider the following approach:

- **Acknowledge Your Fears**—Everyone has fears. Talk about your fears with a trusted family member or friend. If you prefer, create a list of your top five fears. Every time your fear gremlin speaks, acknowledge it but don’t let it stop you from taking action.
- **Get Real**—Decide which fears are real. For example, if you’re not exercising and heart disease runs in your family, your fear of having health issues is realistic. However, if you want to go back to school and you’re afraid that you’re too old, think again. People in their eighties and nineties graduate from high school and even college!
- **“Best Case” Your Life**—Worse case scenarios can be discouraging. Instead, consider the best case scenarios. For example, if you need someone’s help, the worse case scenario is that this person will refuse to support you. By focusing on the best case scenario, you’ll feel less fearful about asking for assistance.

By facing your fears, you can live in a world of possibilities, where only your lack of imagination keeps you from your dreams.

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