

HOW TO:

# Manage your fear of failure



## S SET A S.M.A.R.T GOAL

That means setting a goal that is Specific, Measurable, Achievable, Relevant, and Time-bound.

## T TACKLE THROUGH MASTERY

Do smaller activities every day that you can do easily, and that give you a sense of accomplishment.

## E EXTEND YOUR SKILLS

When a challenging task is ahead of you, it helps to learn vicariously through others. How did they approach the task, and how did they achieve it?

## P PRACTISE SELF-COMPASSION

Try to talk to yourself with the same kindness and compassion as you would a loved one.

*Keep reading to learn how to use the STEP strategy in your daily life...*



# THIS WAY UP'S 'STEP' STRATEGY TO: Manage your fear of failure



## S SET A S.M.A.R.T GOAL

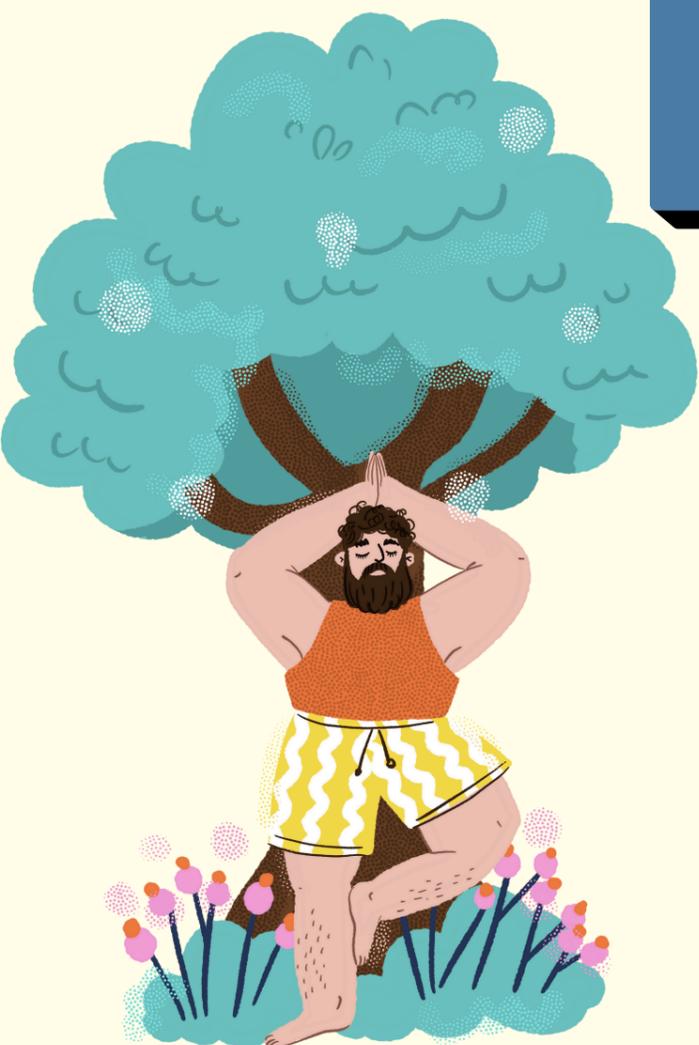
- **Specific:** Define your goal clearly. E.g., *"Reduce my fear of failure by asking for constructive feedback at work on my presentation skills."*
- **Measurable:** Consider how to measure your goal. E.g., *"Collect feedback from three different colleagues in the next two weeks."*
- **Achievable:** Create a goal that is realistic with the resources available to you. E.g., *"I can ask my manager for feedback on my strengths and areas for improvement."*
- **Relevant:** Create a goal that is important to you and your aspirations. *"I am working on building more self-confidence."*
- **Time-bound:** Set a deadline for completion to help you stay on track. *"I will give myself two weeks to ask for the feedback, and incorporate it into my next presentation in one month."*



## T TACKLE THROUGH MASTERY

Break down a larger task into smaller steps, and tackle them one at a time. Repeat this process to 'master' each smaller step along the way. Some examples include:

- Start a journal and write just a couple of sentences a day.
- Try cooking a new recipe, and repeat it once a week until it becomes simple.
- Use a diary to write down small daily tasks to complete and tick them off as you go.



## E EXTEND YOUR SKILLS

Pay attention to how others have approached similar challenges (e.g., talk to a mentor or seek training). Ask for advice: self-belief can grow from talking to others. Don't be afraid to ask for support along the way.

## P PRACTISE SELF-COMPASSION

Remind yourself of times you've coped with challenges in the past. Encourage yourself to give it a go! If it doesn't go according to plan this time, you can still learn for the future.