



Success Is All About Taking Risks.

We Sometimes Resist Trying Something New Because We Fear Failure.
Discover How To Overcome Fear And Take That Risk.
Because You Can't Get Anywhere In Life Without Taking Risks.

Created by Linda St Mart
Business Coach & Company Founder



**We All Feel Scared When
Trying Something New.**

It's Natural.

Here's Why.

- ▶ **You lack confidence. You have an idea but are afraid to try. You under-value your talent and over-value the skills of those similar to you. You feel you can't do it, so why try.**
- ▶ **You believe if you strike out on your own and do something different you'll fail and be ridiculed and isolated from your peers.**
- ▶ **You don't know your unique skills and talents. Why? Because you've spent your whole life serving others who don't care about your needs. You sadly conform.**

How To Overcome Fear And Take A Risk



Linda St Mart - Business Coach

SEEK ADVICE

Test your new idea with trusted friends who will honestly give you advice with your best interests in mind. They can support and advise you as you take a gamble and do something different.

MEASURE SUCCESS

Have clear targets which tracks progress. These facts show how much you're achieving by doing something new. Thinking logically over-rides intense fear which deceives you into standing still.

ADAPT TO KEEP GOING

Don't get emotionally attached to your plan as circumstances beyond your control may scupper early success. Instead, adapt to new situations and keep going whilst learning from each challenge. No one said it was going to be easy.

Take That Risk.

One Day You'll Look Back And Feel Grateful That You Did.





Don't Fear Failure, Fear Not Trying.

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Linda St Mart
Business Coach & Company Founder