




# WHAT'S STOPPING YOU?

## YOUR FEAR STOPS YOU

THREE main reasons why we sometimes don't reach our goals.

Created by Linda St Mart  
Business Coach For Women In Business





# THREE FEARS WHICH HIJACKS YOUR BEHAVIOUR

1. You're Haunted By What People Say

2. You're Focused On Goals Too Much

3. You Suffer From A Lack Of Confidence



FEAR TRIGGER No: 1

# WHAT PEOPLE SAY

FEAR DESCENDS LIKE A MIST

A high fear of failure is triggered by past events when we were publicly humiliated. We carry these past traumas and, when faced with a similar event, it triggers a crippling fear which hijacks our ability to perform at our best.

*"I thought you were good at this. Clearly you're not"*

Your Boss when you failed to deliver an impressive presentation

*"You've let me down and you've let yourself down"*

Your Teacher when you failed to pass an exam

*"You'll never amount to anything. You know, right?"*

Your now Ex-Partner

FEAR TRIGGER No: 2

# We Focus Too Much On The Goal And Not On Progress

Women who place more importance on progress towards a goal are less likely to quit if their goal isn't reached.

Why?

Because they recognise the skills they mastered along the way and understand the reasons why they didn't reach their target.

Women who focus just on reaching the goal tend to collapse into self-loathing because they have a 'all or nothing' mentality,

Women focused on the goal are scared of appearing foolish next time, so shy away from having another go.





FEAR TRIGGER No: 3

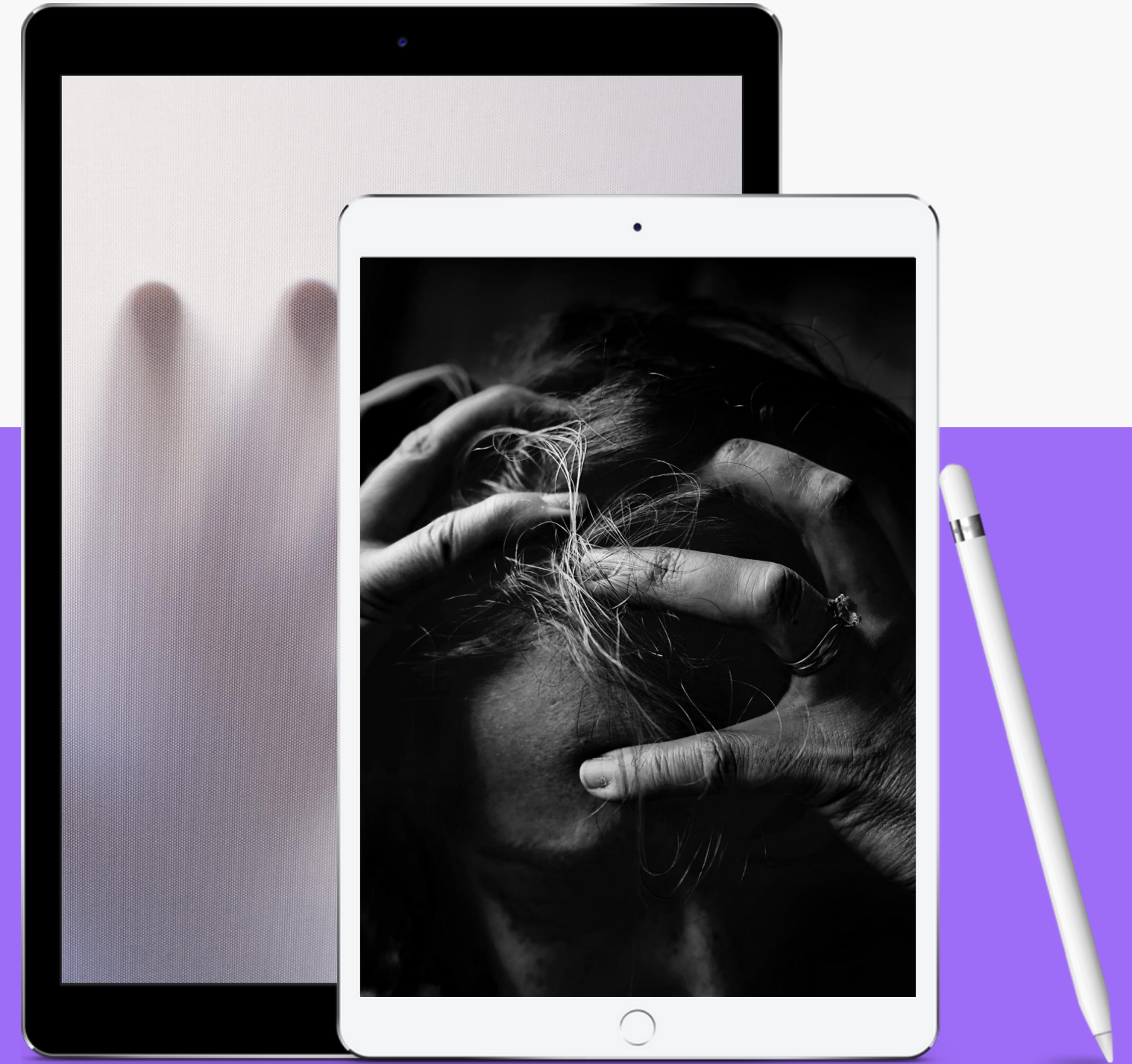
# LACK OF CONFIDENCE

A LONG HELD BELIEF THAT YOU'RE NOT GOOD ENOUGH

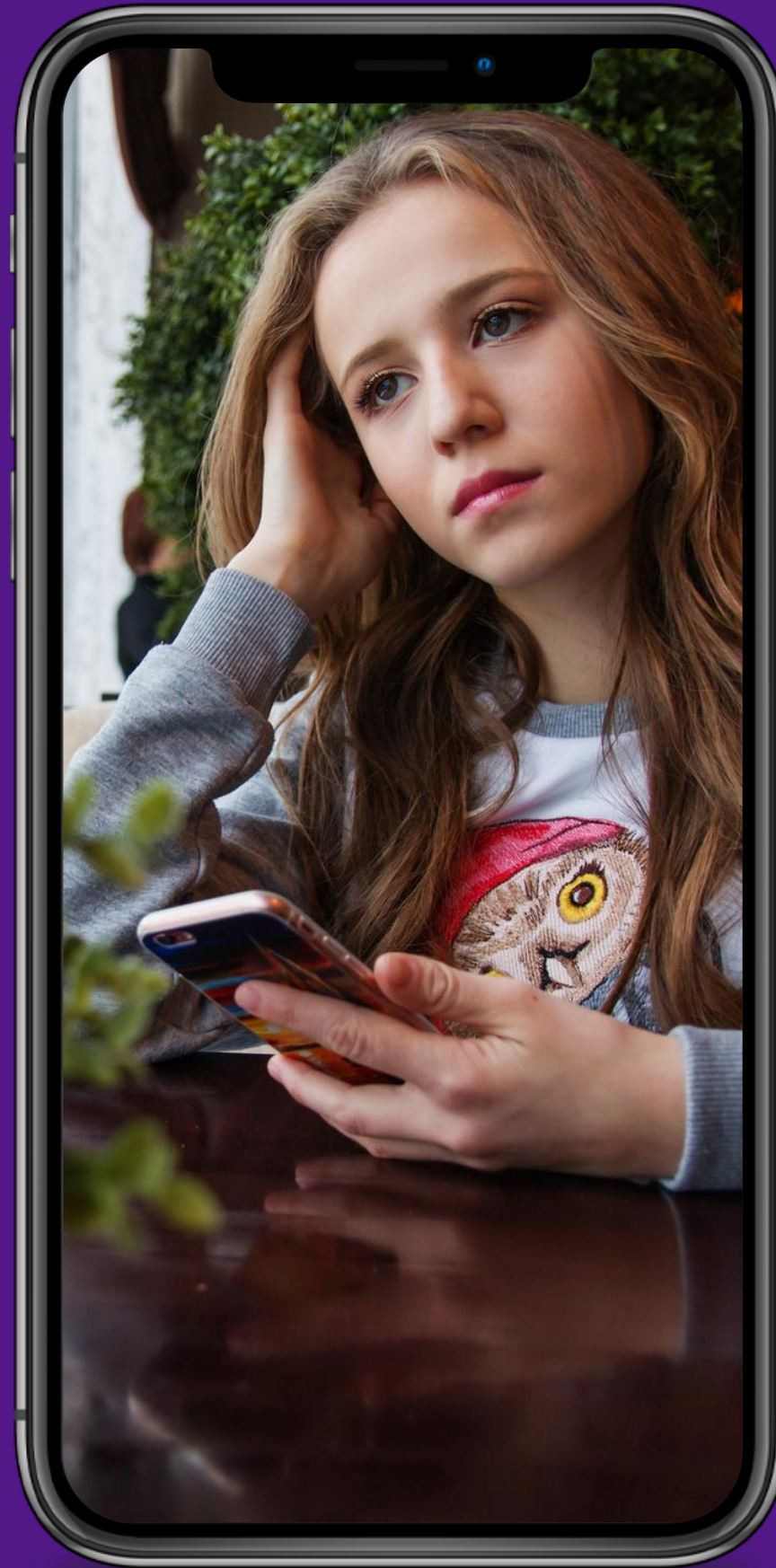
The 'Imposter Syndrome' is when we feel we're out of our depth because we believe we don't belong, unlike the others who appear more intelligent and skilled.

A deep rooted lack of confidence is caused by people humiliating you in the past when you failed to meet their expectations and this trauma lingers like a ghost.

We then self-sabotage to avoid further humiliation.



How we handle  
disappointment  
separates  
women who  
succeed and  
women who  
sadly don't



MOST OF US KNOW THE SECRET  
TO SUCCESS IS CONFIDENCE

But most of us aren't filled with constant self-belief. We're riddled with self-doubt and we focus not on our successes but when we failed to reach our goal.

MANY OF US ARE HAUNTED BY  
PAST FAILURES

You may reflect that in key moments of your life, you doubted your abilities which led you to behave in ways that made success less likely.

Take time now to recall one moment where you backed down from trying.



# THANK YOU

To Overcome Fear, You Have To Go Through It, Not Around.



Linda St Mart

Personal Development & Business Coaching For Women

