

Don't Let Fear Take the Wheel – YOU are in the Driver's Seat!

When you are facing change, it's easy to let fear drive your decision making. When you are tempted to let fear take the wheel, remember, that YOU are the one in the driver's seat. Fear is a natural human reaction to the unknown, and that is not necessarily a bad thing because by its very nature, it's sending out a cautionary feeling so that you consider actions before taking them. Risk-taking is a natural part of



life, and stepping out into the unknown is one of the ways that we learn, grow, and in many cases, it's the best way to test the boundaries. There are times when you have to test those boundaries, if, for no other reason, to see how far you can go. The problem becomes, how far is too far, and how often should caution hold you back from trying that next step? With *these 3 simple steps*, you can be in the driver's seat of your life's journey, and although fear and uncertainty will certainly play a part in your decision making process, with the steps listed below, you can keep your fears from

taking control, which ultimately, just holds you back from experiencing ALL that your life has to offer:

- 1) **Let's start by playing the "What if" Game.** Determining what might happen if you choose one thing over another, isn't a bad approach. In fact, assessing pros/cons has been cited over and over again in the research as a great decision-making strategy. The issue becomes this - how long do you stay there? If you keep yourself stuck in the "what if's" for too long, you become paralyzed with indecision, which ultimately results in making no decision at all.
- 2) **But then, be sure NOT to "woulda, coulda, shoulda" all over yourself!** Ok, so now let's say that you have made a decision – the worst thing you can do is to then torture yourself with whether or not you made the RIGHT one. Don't "shoulda" all over yourself – instead, remember, you are responsible for the effort, NOT the outcome, and even if in the end your decision wasn't the best one, mistakes are life's greatest teachers. Top CEO's have often said that they have learned MORE about business when their ventures that have failed, than when they have succeeded.
- 3) **And now, evaluate the risk, WITHOUT risking everything!** This tip is to remind you that there are ways to take risks without betting the farm. Whether your decision is as simple as trying to decide what dinner entrée to order at some fancy restaurant, OR as serious as applying for that big promotion you've dreamed about, risk-taking is a common denominator among the world's most successful people - there is a reason why people say, "nothing ventured, nothing gained." Sure, you can minimize the risk, but remember, betting on yourself is never wrong!