



ISSUE: Fears are normal when people are faced with new opportunities or challenges. If you let fear get in the way, you may miss out on what an opportunity might bring you. At work we fear what our co-workers think of us, and how they will treat us, and whether our manager or supervisor is acting fair.

THINGS TO CONSIDER: When you face your fears you 'WIN' not because of the outcome, but because of your intentions. Facing your fears demonstrates courage. In doing so, you make a choice to take a 'RISK' and when you stick to it you prove your 'COMMITMENT'. Some of the reasons or excuses for not taking a risk and facing your fears may include:

- Fear of the unknown and uncertainty. In other words, not knowing what the outcome will be for something you have never tried before.
- Fear of losing respect if you think you might fail or not do a good job.
- Sometimes we even fear success. Success brings you to another level, it might mean more responsibilities, more expectations from others for you to do and give more of yourself.
- Taking risks means more trial and error, and with errors comes new lessons.
- Feeling anxious or not confident about taking a risk is to be expected because we are never sure of what the outcome will be. The key is how you manage your anxiety and fears.

THINGS TO DO: Recognize and accept that fears are just a part of life and that fears help you to grow through your experiences, trials, errors, and successes. Remember that you are not alone in experiencing fear whenever you embark on unfamiliar territory; others have similar fears.

- Acknowledge your fears and commit to face those fears with courage.
- Just do it and do your best. Regardless of the outcome you will feel better about yourself for trying and making an attempt.
- When you choose to 'just do it', fear becomes less frightening and you feel empowered. When you let fear stop you from trying something, you end up feeling helpless.
- Taking risks opens up other doors and brings other opportunities.
- When you experience new things, your personal power within grows stronger. You are more likely to get what you want and reach for your goals by taking risks.
- In facing your fears and taking action, it is OK to ask for help and extra support from others. Others will admire you for your commitment and courage.

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