



L1 - Facing Challenges

Facing your Fears

Why overcome challenges?

New challenges can help us grow and develop. Sometimes our fears can get in the way. It's normal to feel fear – this shows you've taken on something worth doing. Think of the good reasons to take on a challenge. Decide that these are more important than fears.

Do my fears really matter?

Usually fears don't matter as much as they seem to. Here are four common types of fear. Write down and reflect on how you might overcome this feeling.

Fear	Why is it so frightening?	Why might it not matter?
Having a go		
Failure		
Rejection		
Embarrassment		

How can I overcome fear?

Here are some good ways to overcome your fears. Anyone can use them – how could you?

- Treat each challenge as an opportunity
- Find reasons to have a go
- Reach out of your 'comfort zone'

Reflect on the ways you have combatted fear when overcoming challenges in the past. How might you develop these skills in the future?
