

## Members Quarterly

Spring 2015 Edition

## President's Message

## Are You Afraid of Success?

*Tackle it before it attacks you*

It is hard to believe but maybe if you are not as successful as you'd like to be at work or in your career, it's because you are actually afraid of success. Here are a few signs that may indicate you have a case of fear of success.

*Do you drop projects before completion because you think they won't be good enough?*

*Do you think that other people at work are smarter or more competent than you (not just one or two, but almost everyone)?*

*Are you uncomfortable accepting the praise or accolades that success might bring?*

*Do you believe deep inside of you that you are not worthy of or don't deserve success?*

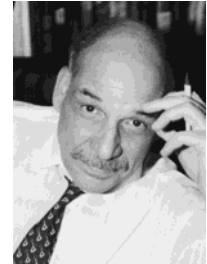
If you have one or two of these characteristics and have had trouble achieving the level of success you had hoped for, then you may have a case of fear of success disease. If you have several and this has been going on years, you are likely a chronic case and need immediate treatment. Luckily for you, the doctor is in the house.

First of all, this fear that is holding you back at work is what experts call an unfounded fear. That's good because it means that you can change your thinking about this and the fear will likely dissipate. So if you know or think you have this fear, the first step is to name it and claim it. Write down the possible things that you might be afraid of when it comes to fear of success.

Next, write down the real impact that these imaginary fears are having in your life at work. If your career is moving along swimmingly, then move on. If not, then move to step three which is changing your story. We all have a story that we tell ourselves, most of which isn't even true. Our story might be like I'm no good at project management or technology or public speaking. We may or may not be good at any of these things, but if our story says that we aren't, then we won't even try them-even if it means getting our dream job or promotion.

Now comes the hard part –we have to change. No one likes change because that's the place where we really have to confront our fears, all of our fears. Just remember that once you change your behaviour, then your thinking and attitude will automatically change as well. Apply for that promotion. Sign up for the volunteer project management team. Go to Toastmasters to improve your public speaking skills. Take the action to change your past. Not only will your future be different, it will become better.

Your doctor's appointment is over for the day. Always remember Dale Carnegie's quote when you feel that old fear of success holding you back: "If you want to conquer fear, don't sit home and think about it. Go out and get busy."



Brian W. Pascal  
President