



Overcoming Fear of Failure Educational Content

Preface

The following educational content outline is developed with respect to:

- a) Impact aimed on target groups defined in the project proposal:

Youth Workers:

- Increase their understanding of fear of failure and its effect on young people
- Successfully handling difficult situations in correlation with fear of failure
- Learning how to engage with youth regarding this topic
- New teaching methodologies (problem-based learning)

Young adults (18+):

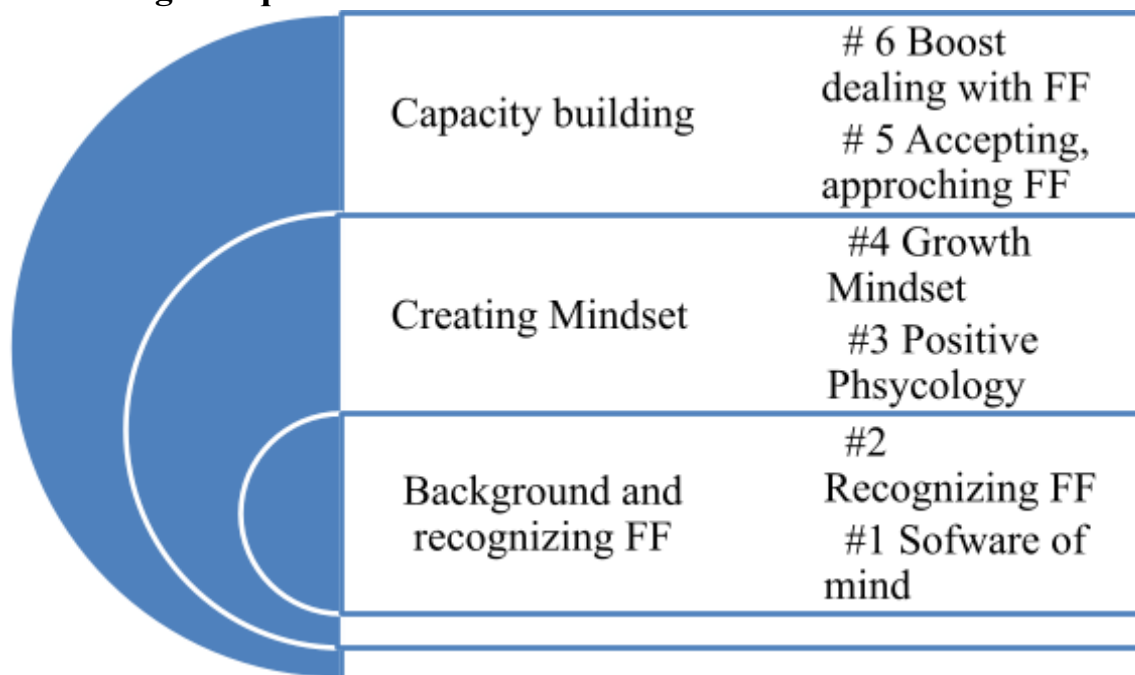
- Realizing the consequences of fear of failure by working on positive thinking
 - Gaining a new perspective and insight when it comes to possible outcomes that may occur when facing fear of failure online.
 - Knowing how to deal with fear of failure after going through specifically designed courses and educational workshops, thus, helping to prevent it and its spread on others.
- b) General content of educational program outlined in the project proposal:
- Understanding the shame culture
 - Understanding where are the roots of fear of failure
 - Basics of positive psychology
 - How to foster positive thinking?
 - Understanding and using emotional intelligence
 - Step by step support for overcoming fear of failure
 - Resilience and coping mechanism.
 - Increase in self-awareness

Course outline

Overview

Draft course title	Overcoming Fear of Failure
Number of modules	6
Module duration/ allocation	Equally distributed time, resources
Target learners	Youth workers
This course aim at	Young adults (18+)

Course logic/ sequence of the modules



Content is based on the [competence matrix](#) developed after literature review and surveys.



Module # 1 (second draft)

Title	<i>“Software of mind”</i> <i>Thinking rationally for irrational stuff</i>
Aim	Creating awareness of a broader environment and concepts with respect to fear of failure. To foster the role of project trainees.
Goals	(write goals of the module here)
Topics	Introduction – trainer, topic, trainees, etc. What is “software of mind”? Why does it matter? How does it correspond to FF? What can we do about it?
Developer	RAGINA



“Software of mind” - Thinking rationally for irrational stuff

What is “Software of mind”?

Each person carries patterns of thinking, being, and doing that he/she has learned throughout his/her life. Most of the patterns are acquired in early childhood because in this period the person is more susceptible to learning and assimilation. Just after certain patterns of thinking, feeling, and acting are established in a person's mind, he/she must unlearn them in order to learn something new. Unlearning is more difficult than first-time learning.

Using an analogy with computer programming, this idea of patterns of thinking, feeling, and acting is known as mental programming or software of mind. This does not mean that people are programmed as computers. People are much more than that. The idea of the software of the mind indicates what reactions could be expected due to the environment in which a person grew up.

The sources of a person's mental programs are in the social environment in which the individual has grown up and gained his life experience. That programming starts in the family. It goes on in the neighborhood, in school, in the youth environment, in the workplace, in the community, etc. the majority of the people from that environment would react in the same way. Common term for this kind of “software of mind” is Culture.

We do not mean culture in terms of civilization, art, etc. we can call that Culture 1. We mean Culture 2 as a combination of these patterns of thinking, feeling, and acting. For example, Culture 2 consists of how one does greetings, eating, showing or hiding emotions, keeping physical distance, etc. Culture 2 is always a collective notion. It is collective programming of mind, which distinguishes members of one culture from members from another. However, we need to distinguish culture from personality and human nature.

How does Culture manifest its differences?

The concept of culture is described by manifestations of symbols, heroes, rituals and values. The figure is depicted as the scales of an onion. values are the deepest manifestations and symbols are the most superficial.

The symbols are words, gestures, images or objects that have a certain meaning, understandable to those familiar with a given culture. The heroes are individuals who possess culturally highly valued qualities, which makes them role models. Rituals are collective activities (technically unnecessary to achieve the desired goal) but are considered as socially significant in a given culture.

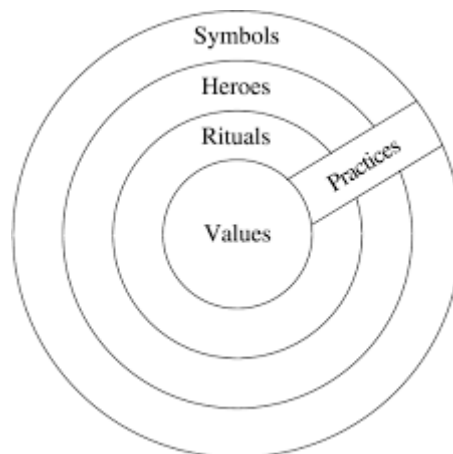


Figure 1. Onion diagram

The symbols, characters and rituals are included in the general term practices. Practices are visible to the outside observer. The core of culture is formed by values. Values are the principles, standards, or tastes that guide our decisions and actions. For example, someone may believe honesty is a value because they answer questions honestly. Someone else may believe saving money is a value because they always think about how to save money when they are shopping. Most people have many values for things that are important in their lives.



Cultural layers

Almost all people belong to several different groups and categories at the same time; thus, they inevitably have several layers of mental programming.

For example:

- National layer according to the country of living (or origin)
- Regional, ethnical, religious, language,
- Gender layer (boy/girl)
- Generation layer
- Social class layer, educational class, professional orientation
- Corporative layer

The list can be extended. The important thing here is mental programs at different levels are not necessarily harmonized. In the current world, they often contradict each other.

How can we observe and work with cultures?

The dimension is a manifestation of culture that can be compared to other cultures. The most popular cultural dimensions that can describe any society are four in count, i.e. individualism – collectivism, power distance, uncertainty avoidance, masculinity/ femininity, long-term orientation. (Hofstede, 2003)

The first dimension, individualism versus collectivism, refers to the relationship between the individual and others. Hofstede considers the individualistic society as a society in which one determines one's own behavior and beliefs, while in the collectivist one - loyalty to the family, work, the state are the basis of people's actions.

The second dimension, the power distance, is focused on the inequality of power and wealth that exists between people in a society.

Avoiding uncertainty - the third dimension shows the extent to which members of a culture feel threatened by obscure and unknown events. This corresponds to the level of rule-making, "assessment" of the absolute truth and refusal to go against the norm in order to avoid risks.

In masculine cultures there is a focus on achievement, competition and challenges, while in feminine cultures good relationships and security are important.



Why does it matter?

Fear of failure often is defined as a cognitive concept. Thus, putting in the broader cognitive concepts could support its understanding. Again, culture is a set of societal beliefs, values, and norms that a society deems as necessary to live in.

How does it correspond to fear of failure?

Cultural layers and socialization plays a big part in fear of failure.

In many cultures, children are taught from a very young age about the fairy tale creatures that live in the world. In some cultures, they might be told that these creatures will do something bad to them if they do not follow the culture's practices. They may then grow up to believe that these stories and practices are true and will constantly be fearful of what will happen if they do not follow these practices.

Parents often give their children more fear of failure than is warranted. Parents are often overly critical or difficult. They may make unrealistic demands on their children. It's not uncommon for children to hear their parents say not to try because they will fail. This discourages them from thinking about the future and trying. The friends one surrounds yourself with also play a role in this. If the friends are always saying that they can't do it, then a person believes that too.

Fear of failure is embedded in socialization at school. A person always feels like being judged and evaluated on an exam, even if it's just a quiz or at a parent-teacher meeting. It seems like people want others to be perfect and with any sign of weakness, they look down at them and seem disappointed. It's really hard to live up to those sorts of expectations. It is challenging to understand that school socialization is not a competition. School is not just exam-based, nor it should not be. It's all about the process of learning and gaining the skills to do whatever a person wants in life.



How do other layers correspond to fear of failure?

In terms of generation layer, Millennials are more exposed to fear of failure because they feel like they don't know how to do things and the world is moving faster than them and they don't want to be left behind. Their fears can either cause them to procrastinate or avoid the things that scare them.

In terms of national layers, Individualism is connected to failure because of the negative connotation that failure has. In individualistic societies, people are taught that it is their responsibility to avoid failure at all costs, which leads them to procrastinate on challenging tasks. This idea of individualism also leads to people not reaching out for help or support when they really need it.

Collectivistic cultures have strong emphasis on the collective interest. These cultures are highly likely to emphasize personal weaknesses of an individual rather than the strengths. As a result, there is emphasis on vulnerability and weakness rather than attributes that would contribute to success. This fear of failure can be identified in collectivistic cultures because people are less inclined to take chances. They are also more likely to submit themselves to lower levels of responsibility.

In high Power distance societies people believe that power and wealth should be unequal. It's when people accept and even promote inequality in society. Basically, "everyone should have different amounts of power and wealth". This belief causes people to feel like they can't speak up or share their ideas because someone with more power than them will just ignore them and tell them to go away. However, if you're able to reframe your thoughts and replace this irrational belief with a rational belief, you'll be less likely to experience the same negative consequences from procrastination.



Summary

Like programming in a computer, we have patterns of thinking, feeling and acting in the software that is our mind. Those patterns and reactions could be expected due to the environment in which a person grows up in or lives. Sharing that social environment with others and combining it can be considered a type of Culture, one that the individual is most influenced by.

Some Cultures, as a type of social environment, have a lot of engagement in fear of failure. A collective society thinks collectively, and therefore does not allow enough individualism, and a lack of individualism brings judgment to anything different. That kind of judgment can lead to a very strong fear of failure in the individual.

If you're able to reframe your thoughts and replace this irrational belief that is fear of failure with a rational belief, you'll be less likely to experience the same negative consequences from procrastination and loss aversion.

Module # 2 (second draft)

Title	<i>Recognizing FF</i> <i>Thinking rationally for irrational stuff</i>
Aim	Creating awareness about FF, main reasons causing it and the impact it produces.
Goals	(write goals of the module here)
Topics	<p>Introduction – topic, trainer, etc.</p> <p>How to recognize FF? (i.e. physical traits)</p> <p>How does FF manifest? (I.e. behavioural traits – anxiety, avoidance, helplessness, etc.)</p> <p>How FF affects persons’ life, work, and mentality? (Mental/emotional damages, hardship to thrive, avoiding risks etc.)</p> <p>What feeds failure? (lack of preparation, lack of self-esteem, negative self-perception, focusing on fear instead on work, peoples’ need for approval)</p> <p>What if one fails? (it is very common condition, importance of acceptance, not feeling shame)</p> <p>How could you connect recognizing FF to your experience?</p>
Developer	SMART IDEA



Fear of Failure - Thinking rationally for irrational stuff

Introduction & Theoretical Background

Fear of failure is the feeling people get when they don't think they can succeed. Fear of failure may stem from uncertainty about the future or harsh comparisons to others. Still, usually, it's tied to low self-esteem. Fear of failure causes problems with productivity and avoidance behaviours.

There are different facets to fear of failure. There are three basic types, including performance anxiety, perfectionism and imposter syndrome (Imbalance theory). These might manifest in various ways ranging from procrastination, lack of confidence or difficulty accepting compliments. Additionally, some researchers link Fear of Failure to physical and mental symptoms. Some of them are aching pain and depression because it negatively affects your mood and could make you withdraw from others.

Fear of failure is an instinctual phobia, one that we all experience to some degree. Fear of failure can negatively affect our lives and behaviour. Fear isn't always a bad thing; it enables us to make informed decisions and take necessary precautions. However, living with fear can lead to missed opportunities and even depression or anxiety disorders. Fear often feels like something is weighing you down or restricting your ability to be free. It can distort your perception of reality, leading you to focus on the negative aspects of the situation instead of the positive ones. This typically means anticipating outcomes rather than acting in ways that create success reflections.

Fear comes from our inner judge, who constantly criticises us for everything we do wrong, demanding perfectionism.

Why do we need to recognise it?

Fear of failure has no positive impact on oneself or anyone around them. Fear of failure is why many people don't pursue greater heights or allow themselves to challenge their true potential. Fear of failure inhibits one's chance at fulfilment in any domain simply because fear prevents more than it stops. Fear and anxiety can be recognised, examined, confronted and ultimately transcended.



How to recognize Fear of Failure?

Fear of failure can be seen through physical appearance. Fearful people tend to have a sense of unease. Fearful people have an aversion to change and uncertainty while also being inhibited in taking risks. Fearful people are known to have a look that is hurt or anxious. Fearful people are often tense, which is reflected in their posture and facial expression. Fearful people often face challenges when it comes to rest, sleep, exercise, diet and well-being.

Fear of failure can also be seen through their speech patterns. Fearful people can often come across as timid or quiet when communicating with others; they tend to take fewer opportunities that arise out of fear that they will.

Awareness about fear of failure

Awareness is essential because you need to be aware that it's there to change an irrational belief. Fear of failure is often something that people overlook when it's in the back of their minds. Fear of failure can present itself differently in different people. Fear of failure is more common in low-achievers but can also occur in high achievers. Fear of failure can affect people who are determined or insecure. Fear of failure can even occur with successful people who are more motivated by fear than my goals for success. It's essential to recognise the difference between fear and realistic concern since fear of failure often leads to procrastination. Fear feeds into the fear of failure by making you feel like you're a failure.

Awareness about fears' impact

Fear of failure can at times lead to avoidance of tasks, procrastination and avoidance of taking risks. Fear of failure is also linked to the pursuit of perfectionism. Fear of failure may become an irrational belief that may be dealt with by looking at how one feels after one has failed at something. Also, what are the consequences if they fail, and reminding themselves that there is nothing wrong with failing. Fear of failure can also result in anxiety or depression. Knowing how these things work together to create mental health disorders can help one recognise the fear to be dealt with more effectively.



Awareness about main reasons for failure

The main reason for failure may be the fear of whether one will succeed or not.

Fear is experienced at two levels:

- Fear of the task itself
- Fears about how others might react to one's success.

Avoidance

For many, they never get started. Fear of failure causes people to put off taking the steps they need to take to make a change in their lives and go after a goal they've set out for themselves. Fear of what others might think or say about them is also one of the most common reasons people fail. Fear causes an avoidance response, where people avoid taking any steps to achieve their goals because they are afraid to fail. So they keep procrastinating and put it off indefinitely. This doesn't help them come closer to achieving their goals. Still, it does help them avoid the fear that comes with putting themselves out there publicly for fear of humiliation if they're unsuccessful. They never have to deal with confrontation head-on, so the problem only gets worse over time as these fears grow more prominent and unchecked in their minds.

Lack of self-trust

Fear of failure is when someone does not trust themselves. Fear of failure is when someone thinks they will do something wrong. Fear of failure might happen if people are not good at something or think they will fail at something. Fear of failure can be helpful in some ways because it can show people that their work is not good enough. Still, sometimes fear of failure can stop people from trying new things and prevent them from getting better at something they want to get better at. It makes them feel like what they are doing will never be good enough. People who fear failure often do not think about what would happen if the thing they are afraid to do does go wrong, so this means that even though it might seem like a bad thing.

How does Fear of Failure manifest?

Fear of failure can be present in many situations, such as:

- Fear of not being able to finish one's final project
- Fear of saying something and then regretting it
- Fear of taking part in an activity because there is a chance that one will look foolish

Fear of failure manifests as apprehension before specific tasks, distress after failing at a job, avoidance of things that are likely to present the opportunity for failing, pessimism about one's abilities or prospects. Fear can also cause people to develop an abnormal sensitivity to indications of potential future shame.

A prospective student who is afraid to take courses in her major because she doesn't want it spoiled might be suffering from fear of failure. Fear might make someone avoid testing out how well they understand concepts by answering exam questions or presenting their ideas publicly. They do this even though there are ways to know if they have mastered what they're learning. Fear may lead them to refuse constructive criticism, preferring only applause and praise, which does not help them learn how talented they can become.

One of the behavioural traits of Fear of Failure is withdrawing oneself from challenges, responsibilities and commitments. Individuals will not partake in activities that can bring them to their limits because they are afraid that they might fail. Fear of failure also manifests fear in the individual's ability to perform tasks without making mistakes.

It is essential for individuals suffering from Fear of Failure to understand that there are always alternatives for addressing Fear of Failure. One way to address Fear of Failure is through self-compassion.

Self-compassion can be defined as:

- Being kind towards oneself, being conscious about one's feelings
- Being mindful about one's thoughts and actions
- Being aware of one's choices
- Feeling connected with others and embracing all parts that make up an experience



How does Fear of Failure affect a persons' life, work, and mentality?

Fear of failure has a lot of negative consequences. It can cause people to be miserable and unwilling to take risks. Fear of failure is also connected with depression, anxiety, and other mental illnesses. Fear of failure can also prevent people from succeeding in life or pursuing their dreams due to the fear of failing. Fear of failure can be especially damaging when it leads people to self-sabotage and purposefully prevent themselves from succeeding. Fear of failure can have a lot of negative consequences on a person's self-esteem and how they view themselves as a whole.

Sometimes Fear of Failure comes down to pressures. Fear of failure can come when you feel like you don't have enough time to do everything, when someone is criticizing you or when you are in a situation where you fear you will not succeed.

Fear of failure affects a person's life, work, and mentality in many ways. Fear of failure means staying away from opportunities that may lead to success, more than they would if they were not afraid of failing. Fear of failure causes some people to spend more time on tasks that can easily be done quickly, while they might avoid more difficult tasks entirely. Fear of failure also results in procrastination, which decreases the likelihood of accomplishing anything at all. Fear can also make it harder for some people to set goals or achieve what is desired. Fear can switch someone's firm belief about something or make them uncertain about what they want or value.

Fear can affect someone's study habits by preventing them from going to class, turning in homework assignments, and reading the required materials for their classes. Fear of failure might also affect a person's physical health. Fear can lead to excessive drinking or eating, which results in weight gain and a higher risk of diabetes. You can cure the fear of failure by confronting it with thoughts from friends, family members, mentors, and trusted advisors. Fear needs to be acknowledged so that one doesn't have to live their life controlled by it. Fear is inevitable, but there are ways of overcoming it through thoughts and words from others.



What feeds failure?

Fear of failure is a learned behavior that increases as the person grows up. Fear of failure can be a result of one's parents. Fear of Failure can also be a result of different events which an individual has experienced. You can recognise fear of failure from short-term behaviours such as overspending, overworking, and overeating.

There are a lot of causes for Fear of failure. Fear of failure is often caused by an irrational belief along the lines of "I should be perfect" or "Everyone must like me." Fear of failure can also be caused by a person's persona, environment, and society because people can internalize these ideas and create Fear of failure themselves. Fear of failure is also often caused by experience with it: Fear of failure may be acquired because a person has failed before and now expects to fail again. Fear of failure is often caused by toxic people in one's life who make them feel like they will never succeed.

Here are some of the most common causes to develop it:

- Lack of preparation
- Lack of self-esteem
- Negative self-perception
- Focus on Fear and not on the task
- Focus on people's approval

A lot of the time, fears are uncontrollable, which is a crucial reason they cause a person to procrastinate. Fear-feeding thoughts can come from many different places. Fear-feeding thoughts can come from personal experience or vicariously through stories that other people share with us. Fear also comes when we're unsure how to do something well enough, which often happens when we lack information about what to do. For example, "If I plan to talk to someone for an hour about an activity I've never done before, but I don't know how to do it well, I might be afraid of failing in front of them."

Society also feeds Fear of Failure. The community often cultivates fear because people are rewarded for being successful and punished for being unsuccessful. But Fear of Failure is a normal part of life and not something to be ashamed about. Fear can help us as it helps us think more creatively and motivates us to take the necessary steps to deal with potential problems before they happen. Fear is also essential when it comes to making decisions because Fear of Failure lets us know when we're about to make mistakes to fix them before they happen.



What if one fails?

There is a difference between Fear of Failure and Fear of success. Fear of failure is usually experienced by people who don't think they can succeed, while Fear of success is generally shared by people who fear the consequences of succeeding. Fear of failure is often stemmed from low self-esteem or poor comparisons to others. Fear of success usually stems from worries about the effects of success if one were to succeed in something.

One way that Fear Of Failure could be dealt with would be to learn coping skills for when one feels an attack coming on or when they're in a situation where they feel like they will not succeed. It's also important to remember that there's nothing wrong with failing.

The first way to accept failure is to come to terms with it. Fear of failure is about the fear of the negative consequences that might happen due to not succeeding. Fear can either prevent you from trying because you're afraid of what might happen if you fail, or it can negatively affect your performance and cause you to succeed less than someone without fear. Fear might also be due to the lack of control over the situation at hand, and this shared sense of power can be attributed to past experiences where one was in a similar case and failed. Fear is a form of anxiety, and you can treat anxiety through therapy and self-care.

The second way to accept failure is by recognising that we will never know everything. There are inevitable lessons we will learn and mistakes we will make. What matters is how we go about them and whether we accept ourselves and our failures: Fear of Failure can be a helpful emotion, as it alerts you to potential danger. However, Fear of Failure can also make you less able to face those dangers. Fear serves as a cue for something worth paying attention to, whether it's a need or a warning. Fear of Failure should not be the only thing that guides your decisions.

The third way to accept Fear of Failure is by coming up with a plan to try out different things and find out what they're good at.



Summary

Fear of failure can also be connected to one's personal experience.

People who fear failure often make a point to present their best selves at all costs. "Failure cannot be part of my story" becomes the mantra, and everything to them is a fight over self-presentation. From relationships, teams, school projects, social engagements, even body weight. Fear of being judged as someone who can't or doesn't succeed has an untold number of downsides for those who let it rule them: deepened insecurities, reduced interpersonal connection, and any sense that they're living authentically because failure is always looming.

Fear of failure can be connected to one's own story, which means it is possible to change Fear of failure if you explore what Fear of failure means for you or someone else.

Awareness and recognition are two skills that can help you identify Fear of failure. Awareness means that you are aware of Fear of failure in your life, even if Fear of failure is not your primary concern. Awareness can prevent Fear of failure from becoming a problem by identifying it early on. Recognition is the skill to use when Fear of failure is your primary concern. Recognition means identifying Fear of failure in yourself by looking at what Fear of failure means for you or someone else. It would be best to recognize fear of failure because it has negative consequences on your well-being and success in life.

Use the described traits, characteristics, causes, and consequences to connect Fear of Failure to your own experience.

Module # 3 (second draft)

Title	<i>Positive psychology and mindset Building a solid foundation - 1</i>
Aim	Creating positive mindset
Goals	(write goals of the module here)
Topics	<p>Introduction – topic, trainer, etc. What is positive psychology? How does it work? How to build strength? How to practice gratitude? How to activate compassion? How to practice empathy, optimism? How to engage in Logotherapy (meaning-orientated practice)? How to boost a positive mindset? How to engage positive thinking? How to approach things that happen? How to strengthen consciousness? How to boost a positive mindset? How to engage positive thinking? How to approach things that happen? How to strengthen consciousness? How to build a growth mindset? How to integrate these in everyday life?</p>
Developer	ASPIRA

Theoretical background:

Content:

Reflection / summary:

(total 5-8 pages)

Positive psychology and mindset; Building a solid foundation - 1



Positive psychology and mindset: Building a solid foundation - 1

Introduction

Positive psychology has gained its place in the modern age. But even Aristotle, the ancient Greek philosopher, defined happiness centuries ago as the highest good, the goal that man strives for in his life. Aristotle wrote *Nicomachean ethics* in the fourth century BC. In this work, Aristotle discussed happiness, virtues, practical thinking, and emotions, the pillars of so-called. "Good life." Throughout its development, scientific psychology has focused on the negative aspects of life. Indeed, attention must also be paid to negative phenomena, as they can have significant consequences for humans.

Nevertheless, in recent times, attention has been focused on positive emotions, a positive experience of ourselves and the environment around us, the happiness and well-being of the individual, and mental health and satisfaction. Being positive isn't about ignoring our troubles and pretending to be happy, nor is it about steeping ourselves in depression; instead, it's about taking those genuine negative feelings and using them as a catalyst to foster real change and transformation.



Aristotle believed that it is essential for a beautiful life to develop virtues (good habits) and make the most of our strengths. We can conclude that we impact positive change and that personal development can change negative feelings (fear, helplessness, poor self-esteem, etc.). As youth workers, we have a responsibility towards young people to create a supportive environment to develop practical wisdom (Aristotle - phronesis) for young people to gain strengths to face life's challenges, although they also need their conscious effort. This supportive environment can increase well-being, connectedness, hope, life purpose, and vocational calling.

The goals of Positive Psychology in this program are:

- Teaching and advocating for positive psychology concepts like gratitude training, developing strength and virtues, emotional intelligence
- Improving the positive psychology concepts to deal with the fear of failure
- Raising awareness of the importance of teaching these concepts to others, individually and in groups



Building Strengths

Inner strength is something we have within us to face the challenges that life brings us successfully. The prevailing belief in the past was that we focus on what we are, not more than what we are good at. Nowadays, however, the mentality in this area is changing.

We usually focus on our weaknesses and want to improve them. In that case, we will probably achieve moderate success and not be able to achieve excellence. We probably also lack ingredients such as pleasure, passion, special skills, interest, etc. It will be different when we focus on our strengths. Our strengths show how we feel in the activities. We have the desire to achieve them, even if they trigger the fear of failure, we can use them better than the average person, we get lost in time and space when we perform them, and we don't feel tired of doing so. In this case, by improving and building our strengths, we will achieve results that will be above average.

The Strengths approach gives young people the ability to learn about their values, uniqueness, and talents. Young people often have difficulty raising awareness of what they are good at, especially how to use it. It is vital that, as youth workers, we constantly encourage young people to think about what they are good at and not to think about what they are not to support each individual, not just young people on their path to success. We can do this with:

- Acknowledgement of the youth's skills, interests, aims, and abilities.
- Foster young people's participation in activities where they are good at.
- Reflection
- Evaluation



Why and How to Practice Gratitude

Positive psychologists have found that the most effective way to build a positive mindset is through practising gratitude. That's because research has shown that gratitude improves people's psychological well-being and physical health, enhances their social relationships, buffers against negativity, and promotes a sense of meaning in life. Five simple yet powerful steps can practice gratitude:

- Keep a gratitude journal
- Write down all that you are grateful for
- Reflect on your windfall
- Explore the benefits of gratitude and engage in acts of kindness

A gratitude journal can be very influential for those looking to strengthen their positive mindset. It's essential to think about what you're grateful for and write it down as often as you can. If you're not sure what to be thankful for, think about things that have made your day just a little bit better - maybe it was someone who smiled at you or something enjoyable that happened. Remember to be specific about what you are grateful for. You can also try reflecting on your windfall at the end of each day or performing acts of kindness for others.

Being grateful does not mean that you always need to think positively about everything, but it does mean that you should aim to see the positives in life rather than focusing on the negatives. The idea is that you should always strive to see the positive in life. Things that don't necessarily seem so great are usually not as bad as they might seem.

How to Activate Compassion

Practising compassion, no matter what the circumstance, can boost your mood. An act of kindness makes you feel better about yourself and happier in general (Holzel & Ott, 2011; McNevin et al., 2007). To activate compassion, consider your relationships with others. Are you noticing your relationships? Are you taking the time to make an effort to connect with people? Do you understand how other people are feeling?

Compassion is important because the meaning in our lives is so much more than just material things. It also includes compassion, empathy, gratitude, and other such feelings. When we experience compassion, we feel connected to the world around us. We are flooded by love instead of isolation or loneliness. This is typical of all people, regardless of their race or belief. Compassion is a fundamental part of who we are as humans and who we want to become in the future.

Practising compassion will help to focus on how other people are feeling. It can also be helpful to do something that makes you feel their emotions as well. If you're feeling down, for example, and someone else is feeling depressed, try focusing on another person's feelings and identifying with them and how they feel. Take a moment and imagine if someone else was feeling the pain that we all go through sometimes. Doing this will help us understand what it feels like to be comforted without expecting or demanding anything in return. It will allow us to extend the same kindness to others who might need it.

Other ways you can activate compassion:

- Practice self-compassion
- Show gratitude
- Look for reasons to be optimistic
- Forgive yourself and others when mistakes are made
- Make it your goal to be happy and accept what is happening (even if it seems very hard)
- Do something nice for someone else without being asked or thinking

Brain imaging reveals that when people can do good acts for others while engaging in things like compassion, feel-good hormones like dopamine and oxytocin (Carter et al., 1999; Davidson et al., 2002) are released. These hormones likely activate the brain's reward system, which generates feelings of contentment.



The Importance of The Self - Compassion

The idea of self-compassion is to understand that pain, suffering, failure are unavoidable parts of life. It is not for feeling sorry for oneself or beating oneself up. It would help if you found ways to be kind and supportive when you are in pain. Self-compassion means being mindful about what you are thinking about, your emotions, and your actions.

Approach things with a sense of curiosity, kindness, patience, and understanding rather than judgmental attitudes. Set some time aside just for yourself. Learning to be alone with yourself can be difficult, but it's essential to be more mindful.

Self-respect gives you the confidence to make decisions that are good for you even when it is hard. Having self-respect means learning how to look after your body, mind, and soul. It would help if self-reflect in these areas:

- Body: what you put in your mouth, what substances you put in your body, how much rest and exercise you get, and how much time you spend outside?
- Mind: what information and entertainment do you expose yourself to, what thoughts and emotions you allow into your headspace, and what words you use when describing yourself?
- Soul:
 - How present are you with yourself and others?
 - Do random acts of kindness for others.
 - How do they affect your sense of self?



Practising Empathy And Optimism

By practising empathy, you can better understand the perspectives of other people. It will allow you to learn about their life difficulties and how they are affected by them. If you are struggling, empathy can help you understand how someone else feels in your situation. It is vital to practice optimism so that you can have hope for the future.

Practising empathy is an essential part of building a solid foundation. We can practice empathy by first realizing that other people have their valid thoughts and feelings, acknowledging them, and then using the knowledge we gain from this to understand them better. Steps:

1. Recognize the suffering of others.
2. Remain open-minded by suspending your assumptions about their suffering.
3. Empathize with them by connecting with what they are feeling.
4. Support their suffering by attempting to make the situation better for the person.

It is easy to feel defeated when things are complex, but practising optimism will help you see new opportunities that might lead to a happier future. Developing an optimistic mindset is easier said than done.

One way to do this is by being open to new opportunities. It means being willing to take risks when they are worth it. Optimism can be contagious, so by being positive, you are helping others around you become more positive. Whenever something goes wrong, don't get discouraged; instead, try to learn from your setback.



How to Engage in Logotherapy

Logotherapy is grounded in the belief that humans tend to find meaning in their lives even in situations where there is none. The goal of logotherapy is to treat psychological issues that arise from loss, depression, and anger.

Those engaged in logotherapy are focused on building strength and gaining self-efficacy through working with others, acceptance of facts, engagement with the present moment, personal growth, prospection, and anticipation.

The approach considers what individuals can do for themselves and what they can do with the help of others to create meaning and purpose.



How to Engage and Boost a Positive Mindset

Some people believe that positive thinking is just self-induced or self-inflicted. While it's true that we cannot control how we feel, we can control what we think and do. Our thoughts and actions lead to feelings: if we choose different thoughts and actions, we'll experience different emotions. For example, if you feel stressed from work, you might decide to read a book for an hour to take care of yourself. By choosing this action, you will probably feel more relaxed afterwards.

There are many techniques to boost your positive mindset. These include using the power of language, using memories to increase your happiness, mimicking happy people, allowing yourself to celebrate failures, self-compassion, practising gratitude daily, etc.

It's important to remember that it is okay to engage in any opposing thoughts or emotions because you are still feeling. You have to find a way to be mindful of the thoughts and feelings that you are experiencing.

You can try some of these:

- Find activities you can do for yourself
- Invest your time in meeting new people
- Cultivate meaningful relationships
- Pursue hobbies that make you happy
- Find common ways of expressing gratitude for what you have
- Focus on the present moment without ruminating about the past or fretting about the future
- Establish goals for yourself and work towards them



How to Approach Things That Happen

The best way to approach things is to find a way to make them work for you. If something has happened, and you can't do anything about it, then focus on what you have control over instead. If something happens and nothing you can do about it, try finding the silver lining, which is often a positive aspect of a bad situation.

Whenever you are faced with a problem, try to find what silver lining there may be so that you can still feel motivated. For example, if your day was ruined because you got caught in an awkward conversation with someone who you had previously not spoken to for months, but then you go home and see your new dog that's been patiently waiting for you all day; then there's at least one reason for you to be happy.

Examples of how to find the silver lining:

- What can you learn from this experience?
- What does it mean?
- What is it trying to teach you?
- How can you make good of the situation and use it as an opportunity to grow as a person?



How to Strengthen Conscientiousness

If you are stuck in a repetitive cycle of shame and regret, you can think about what happened right before that feeling or thought – there's a way to identify it – the thoughts have patterns. What were you thinking about before worrying about your mistake over and over again? Remember to tell yourself, "I can make this better." Practice mindfulness by observing rather than judging those thoughts.

Turn those loops into positive affirmations: "I'm doing my very best. I am enough."



How to Build a Growth Mindset

Do you find that you often dwell on all of your mistakes and failures and that this habit damages your confidence and makes it hard to move forward? Do you always think about what went wrong without recognizing what's going well in your life? If so, then building a growth mindset could help.

It may seem illogical to focus on the positive instead of the negative. Still, studies have shown that those with a growth mindset possess greater resilience to stress and achieve higher levels of success because they're goal-oriented and not self-critical.

Three components characterize a growth mindset: (1) the belief that people can develop intelligence; (2) the belief that one's intelligence can grow or change; and (3) an interest in learning and pursuing challenges, always looking for ways to get better.

The growth mindset is the opposite of a fixed mindset: we believe that our talents and abilities are set in stone when we have a fixed mindset.

It may be because of outdated beliefs about ability determined by someone else - such as your parents - or your natural limitations, which you then project onto everyone else. With a growth mindset, you don't let these thoughts affect your behaviour or choices; instead, develop new skills to expand your knowledge.

One of the ways to build a growth mindset is to change your context. If you try to do something and it doesn't work, make sure that you move on. You may not realize it the first time, but you're sure never to succeed if you don't try. It's all about taking small steps towards success rather than making giant leaps that are unsafe. This way, your brain is more likely to learn from mistakes because it will be able to adjust expectations based on what you've learned through experience.

So if you want to improve your situation, you need to figure out the problem and find a way around it. That usually means changing things up so my brain can learn how to accommodate these new changes and

A growth mindset is one option to use to build up the strengths of the individual. This mindset, unlike a fixed mindset, focuses on what can be learned and improved about oneself. One way to begin this process includes asking yourselves, "What made me happy?" "What did I enjoy doing?" "What were my favourite days?"



How to Integrate These in Everyday Life

It is essential to consider your life from a holistic point of view. It means considering your physical, emotional, and mental health in light of everything else that's going on.

Building a positive mindset doesn't mean you're always happy. It just means that you're working towards this goal by taking steps to improve your mental health every day. The simplest and very effective way to integrate a positive mindset into your everyday life is through mindfulness.

When we focus our attention on the present moment, we can consciously notice and appreciate everything that makes us happy. Focusing on the present moment in this way and seeing and enjoying all that we love about it can help us to take a step back from life, breathe deeply, and find peace.

It's essential to find the little things every day that sustain or renew our passion for life.



Module # 4 (second draft)

Title	<i>Emotional intelligence</i> <i>Building a solid foundation - 2</i>
Aim	Boost emotional intelligence
Goals	to increase awareness of emotional intelligence and develop better emotional intelligence for youth.
Topics	Introduction – topic, trainer, etc. What is emotional intelligence? How does it work? How to build self-awareness? How to build self-regulation? How do you motivate yourself? How to practice empathy? How to boost social skills? How to integrate these in everyday life?
Developer	Youth Initiative Center

Theoretical background:

Content:

Reflection / summary:

(total 5-8 pages)



Emotional intelligence: Building a solid foundation - 2

Introduction

What is emotional intelligence? And why do we need it?

Emotional intelligence is most often defined as recognizing, using, understanding, managing, and manipulating emotions. It would be best if you had it and you use it daily. In every interaction with another person, you use emotional intelligence: to be more interactive, more involved, listen and understand better - not only in reading and receiving the signals but in using and sending them to another.

It's more than ever essential to know yourself, to develop a concept of:

- Who are you?
- What kind of person are you?
- What do you want and expect from life?
- What are your goals/aims/achievements to achieve?

Studies have shown that people with high EI (emotional intelligence) have more excellent mental health, job performance, and leadership skills, although no causal relationship has been established. EI is typically associated with empathy because it concerns an individual connecting their awareness with those of others. Since its popularization in recent decades, methods of improving EI have become widely sought by individuals seeking to become more successful leaders.



To build self-awareness

Self-awareness is how an individual consciously knows and understands their character, feelings, motivates and desires. The best advice for building self-awareness is to be patient and be patient because such changes don't happen overnight.

Meditate. Meditation can help you to focus on being more self-aware.

Live In The Moment And Analyze Your Emotions. When we learn how to live in the present moment, we also learn to stop worrying about the future or the past. Because we all know that you can't change the past and you can't control the end, the best what you can do:

- Be present and positive
- Enjoy the moment to the fullest
- Positive mindset(it's well known there's bad in the world, but there's a lot more good in it too
- And work as hard and as smart for your future as much mentally as materially



To build self-regulation

Recognise and define your parameters for emotional intelligence.
What are you good at? What are you bad at? What can you improve?

Self-regulation is the ability to manage our emotions. To develop self-regulation skills, you first need to understand its foundation—interoception. Interoception is a sense that provides insight into how our bodies are feeling. Interoception helps us answer the question, “how do I feel?” at any given moment. This awareness of how we think leads us to manage or regulate emotion(s) effectively.

The problem with interoception is that many of us do not take the time to focus on what may be going on with our bodies, thus missing vital clues to our emotions. Luckily, to build this critical foundation of self-regulation, there are simple exercises to practice that can help you, your children, and your clients tune into body signals. We must understand how to invest in our body’s to become more aware of how we feel so that we can manage our feelings more effectively.

1. **Use Body Talk:** Label the way your body feels during the day activities (e.g., “My muscles feel loose when you hug me; my heart feels fast when I play tag with you”). Not only are you serving as a good model, but body talk also naturally tunes you in to your body signals.
2. **Build Body Curiosity:** Teach yourself to notice how your body feels during daily activities (e.g., “how does this make your hands feel? How does this make your stomach feel?”)
3. **Head on Teach that Body Signals are Clues to Emotions:** (e.g., “You said your muscles are trembling, and your voice sounds loud, what emotion could that mean?; You said your stomach is growling. That could be a clue to what emotion?; What does your heavy feeling eyes mean?”)

Motivating Yourself

The motivations for this sort of improvement should come within you, yourself. It primarily will benefit you, your work, personal life, relationships, and life quality. Set a routine. Set some small goals and aims soon so you can accomplish them quickly and have an accomplishment feeling.

Simple ways to motivate yourself:

- **Optimistic viewpoint** - Getting motivated is almost impossible if you look at the situation from an opposing view. Various positivity can be energising and help you to motivate yourself. So, ask yourself, “what’s good about this situation?”
- **Just start** - You don’t always need to reason with your emotions or rationalise why you need to do something. You can deal with those negative feelings later on, at the right time. Instead, try setting aside all of the negative emotions and simply START. The famous writer Mark Twain once said: “The secret of getting ahead is getting started.”
- **Reflect on How Far You’ve Come** - Take a few minutes to close your eyes and remember your successes, however small – relive and feel into them. Do this often to help you stay motivated.
- **Remind Yourself of Your “Why”** - Take some time to write down three reasons you want to find the motivation to accomplish things. Do you want to improve your health, get an education, save money, or start a business? Why? Keep coming up with responses until you find ones that will help you stay motivated.
- **Eliminate Distractions Mercilessly** - Distractions are the enemy of focus. If you want to get motivated, you have to get rid of distractions. Remind yourself that you are not torturing yourself – you’re just focusing on your goals. Then, recognise what you truly want in the long term.
- **Change Your Inputs** - You know the saying, “you are what you eat.” And we consume a lot everyday – food, music, podcasts, TV, social media. So, if you’re finding it challenging to inspire yourself, mix things up a bit. Listen to motivational podcasts, check out must-read books, or watch some inspiring videos. This can help you freshen up, get energised, and find the motivation to accomplish things.



To practice empathy

Empathy is the ability to understand or feel what another person is experiencing from within their standpoint, that is, the capacity to place oneself in another's position. Definitions of empathy encircle a broad range of emotional states. Undertake challenging activities which push you outside your comfort zone. Undertake a new skill, such as a musical instrument, hobby, or foreign language. Develop a new professional competency. Doing things like this will modest you, and humility is a crucial promoter of empathy.

To Boost Social Skills

1. Engage with others. Find ways to further conversations with friends, family and close coworkers or practice your conversation skills by asking open-ended questions.
2. Start in small ways. Start developing your social skills in small ways by engaging with people you interact with daily.
3. Ask open-ended questions. Asking open-ended questions can be a great way to get others talking.
4. Observe your coworkers' social skills. Another step toward developing your social skills is to observe your colleagues.
5. Practice maintaining eye contact during conversations. Consider setting a goal to make and hold eye contact for at least three to five seconds each time your appointment with someone. You might practice with a close colleague with whom you feel comfortable.
6. Justly as crucial as being able to share your thoughts is being an active listener. Being a good listener, you allow others to feel comfortable sharing their ideas and input. Practice your listening skills by keeping eye contact, using nonverbal communication like nodding when you agree and asking illuminating questions when hearing something you misunderstand.
7. Building relationships with others can seem frightening, but it helps to develop a relationship with one person at a time. First, find a person that you see some potential for a future relationship. Is it a classmate, is it a colleague who works in a similar role as you and invites them to lunch or have coffee. Having a position or job responsibilities in common can give you topics to talk about, but eventually, try asking questions to get to know them better as an individual. As you build more connections, connect on a one-on-one level with people who work in different business areas to develop even further.
8. Complimenting others on a job well done is a great way to show friendliness and recognition of others. They can act as a grand opening to a larger conversation. Be sincere—a compliment that is dishonest can work against you.
9. Try searching for resources based on a specific topic such as body language, networking or active listening to help you develop your skills. From there, put your learnings into practice.
10. Staying up to date on current trends, events and news stories can give you things to talk about with others. As a best practice, avoid controversial topics like politics or religion to keep conversations smooth and friendly.



Summary

Integrate these in everyday life

You must have a plan/strategy. To integrate emotional intelligence into your everyday life, start by little steps. Have someone to support you or that can help you motivate yourself, someone who can take an eye on you on your progress. Be patient because you won't notice the progress overnight.

Module # 5 (second draft)

Title	<i>Dealing with FF - 1</i> <i>Capacity building - 1</i>
Aim	Creating skills to deal with FF <i>Dealing with FF – accepting fear; risk taking, focus in the scope of control, ways to get past any failure</i>
Goals	(write goals of the module here)
Topics	Introduction – topic, trainer, etc. To think of fear as a natural feeling that everybody experiences. How to turn cons into pros, i.e. how to learn from mistakes? How to turn fear into motivation? How to deal with risk in a productive way? What common sense states about failure? (natural, not permanent) How to define my scope of control in a productive way? What does it take to pass any failure? How to integrate these in everyday life?
Developer	Jumpin Hub

Theoretical background:

Content:

Reflection / summary:



Dealing with Fear of Failure: Capacity Building 1

Introduction

Fear of failure can be debilitating in many ways, including fear of taking risks and trying something new. All this leads us not to achieve our goals or dreams - or worse, to complete them without being fully satisfied with their outcome.

The causes are easy to define: fear is an instinct that all living creatures have to protect themselves from possible dangers. Fear of failure is not different from fear of the dark or fear of public speaking. This does not make it less powerful, but we can understand where it comes from and how it works in our minds. We all feel fear but never stop doing what we need to get done.

To think of fear as a natural feeling that everybody experiences.

Something normal to fear is failure. We fear it because we may not be able to recover from it in the future, depending on how severe it is. This fear can cause us to do everything to avoid failure altogether, which might sound good on paper. Still, in reality, fear of failure can paralyze us, preventing us from even trying out for fear of actually getting the part.

The fear of failure is normal, and it's something that everybody experiences at some point - it's nothing to be ashamed about. Don't be too hard on yourself. You might fear failure, but fear itself isn't a bad thing—it can help make you more successful. It's only when fear of failure paralyzes us that it becomes a problem.



How to Turn Cons into Pros: How to Learn from Mistakes

The fear of failure can stop you in your tracks when trying to accomplish something big or important. Many of the "solutions" out there are trite and unhelpful, like pumping yourself up by telling yourself that you'll be a success no matter what. That kind of self-talk can prevent you from taking the steps necessary to get where you want to go.

Three things will help you overcome your fear of failure and put yourself in the best possible position to win.

1) Use mistakes as learning opportunities instead of regrets.

- There's nothing more paralyzing than regret, which is why so many of us have a tough time making decisions. We learn to avoid mistakes by not taking risks, but that doesn't allow us to know valuable lessons about both success and failure along the way.
- Think of every mistake as an opportunity to learn something valuable, and learn from it. Use what you know to make better decisions and move closer to achieving your goals.

2) Don't wallow in the negative.

The best thing you can do is get back up after a setback, dust yourself off and try again right away. The more you dwell on failures, the more power they'll have over you.

Of course, if you learn something precious from your mistake, there's no reason to feel bad about it. But that doesn't mean you have to fixate on the negative experience or let it define you. Let it inspire you to learn and grow, then move forward fearlessly.

3) Realize that failure is just a temporary setback, not a permanent condition.

If you learn to view failure as temporary rather than permanent, something outside of yourself that you have the power to learn from and overcome, then it won't seem quite so bad.

"The way you see things shapes how you think and feel about them," says Kim Ades, author of "Mirror Mirror: The Power of Reflecting On and Off." "In other words, the way you view a setback can contribute to how bad it feels."

There's nothing more empowering than an understanding that failure is a privilege. Only those who learn from their mistakes can say they've achieved true success.

So stop fretting over failures and learn from them instead. It's not easy, but it will be worth the effort.



How to turn fear into motivation?

Every day, you are faced with choices about what to do or not to do. When you choose not to take action on something, you are either too afraid or simply unwilling to do it.

Being motivated and willing to face your fears means that you experience fear of failure less often. You may still feel fear when you do things, but if motivation is driving you, then the fear will be overridden by a reason to carry on and complete what you have started.

Every choice comes with a price, and motivation is always going to be accompanied by fear. It's about allowing yourself to feel the fear and keep going anyway. Once you have developed this skill, you will find that feeling afraid of failure becomes less common. Fear of failure can prevent you from achieving your goals, but motivation will help you overcome that fear and move towards success.

What does it take to pass any failure?

Many ways help people pass their fear during life, and among them, some very successful methods can be applied to fear of failure. Tackling fear is not an easy process, but you can overcome your fear by giving yourself time and exercise, which can be difficult or even impossible for some people. Here are some excellent ways to help fear to pass the fear of fear:

1 - Take baby steps

Many methods help people tackle fear and pass fear, but the most effective way is to start with baby steps. You can easily overcome fear if you take it as a small thing that does not need much effort, like taking baby steps. Thinking that your fear needs to be overcome quickly will only create more fear and stress because it makes you think that facing fear is impossible. So, if fear is preventing you from getting what you want, take your fear one baby step at a time, and it will become easier for you to achieve fear.

2 - Breathing techniques

Another very effective way of overcoming fear is breathing exercises that help overcome fear without giving much effort. You can use any breathing technique during fear, but this is a crucial step during fear. You can also use deep breathing techniques to pass fear and overcome fear.

3 - Find a friend

If fear prevents you from achieving your goals, find an excellent companion to prevent fear from taking control of your life. Loneliness will increase the fear because it makes you feel that fear is the only thing around you. So, if fear is stopping you from achieving your desire, find a companion to overcome fear and feel less fear.

4 - Therapy sessions

Therapy sessions are one of the most effective ways to help you pass fear during life without giving much effort. It will provide you with the tools needed for fear and fear, so fear is not stopped before fear.

5 - Use fear to shape your fear

If fear has stopped you from achieving your goals, only fear can help you pass fear and overcome fear. It would help if you used fear as a tool to tackle fear because that's what you are afraid of. Fear will help shape your fears so that they do not stop fear before fear. Instead, fear will help you shape fear and pass fear without giving much effort.



Module # 6 (second draft)

Title	<i>Dealing with FF - 2</i> <i>Capacity building - 2</i>
Aim	Creating skills to deal with FF <i>Dealing with FF – identification of support network, motivation and self-motivation, recognition of procrastination</i>
Goals	(write goals of the module here)
Topics	Introduction – topic, trainer, etc. Why and how to build a support network? How to motivate and self-motivate through goals? How to recognize procrastination? How to deal with it efficiently? How to integrate these in everyday life?
Developer	Youthfully Yours SK



Dealing with Fear of Failure: Capacity Building 2

Why and how to build a support network?

A good social support network is the key to being mentally and physically healthy. But there can be barriers that could leave you feeling isolated:

- A lack of time.
- Knowing people well enough that they become too busy or unknowledgeable about your needs.
- Moving from one place without making connections with others in it.

In other words, It takes up-time commitment, but this will have tremendous benefits if done right.

Feeling a sense of Belonging (intimate relationships, friends) is the third step in our basic human needs behind Physiological and Safety Needs, as described by Maslow's hierarchy. A person's social group offers them pillars during both happy and difficult ones; these people can help you feel connected to others who share similar values or experiences, making life more fulfilling.

It is essential to have a network of people in your life who can help you see problems from different angles. Having just one person be the only voice heard may make them seem like an expert on everything when they're not giving full justice or consideration for others' perspectives that are also worth listening to.



Six ways to create your own personal support network

Family can provide a sense of security and belonging, as well as social support. It's an essential factor in our lives because it allows for people who want us to succeed and are willing to offer their time for advice if needed.

Friends are a great way to have someone in your life who will always be there for you. They provide support, encouragement and help with the difficult times that come up when it seems like everyone else has deserted ship!

It's essential to be confident in yourself and know that you can do anything. It helps if your colleagues believe it too! Introduce yourself, or contact Human Resources with any questions about how best to reach goals - they're here for our mutual success.

An excellent way to improve your **network** is by identifying and making connections with people who live nearby. So, if you have a close friend or family member with an abundance of acquaintances in the same community, then ask this person for referrals!

In the age of **social media**, it's never been easier to find a support group. Whether you're looking for someone who has gone through what is happening in your life or needs some advice, the internet provides an abundance of opportunities!

By actively participating in your local community, you can make new connections and meet people. Join clubs or sporting events to become part of the group while getting out there for healthy activity.



How to motivate and self-motivate through goals?

The ability to self-motivate is a must for achieving your goals and getting everything you want in life. You need inner strength and confidence that no matter what happens outside, deep within you, there's this undeniable power waiting to be unleashed upon all obstacles before they can get between you and your dreams of success.

Achieving these things takes more than just luck or chance; it demands focusing on one's part because success will not come easy with many factors working against it. Self-motivation is the most important factor in finding a fulfilling career and, of course, being successful during interviews with potential employers.

The fact is that self-motivation techniques come down to your psychology. Think about the purpose why you want succeed and turn towards this when things seem tough, as these will help with any lack of motivation you experience in life.

You can be more successful by using these self-motivation techniques:

Take responsibility for your life. If you want to make progress in life, then it's time for a change of direction. Don't depend on others; take charge and start taking care of what's holding back the success!

Reevaluate your goals. If you're feeling uninspired, it may be time for a change in direction that will help motivate and inspire yourself more than ever before! Do not get caught up on what's happening right now if there is no motivation or passion being generated within this area of life - take some steps towards finding new ways to motivate yourself so as not to have regrets later.

Create empowering beliefs. The only limitations in our lives are the ones we put on ourselves. If you don't have enough self-motivation, it comes down to one reason: a lack of belief that leads us to thinking there is no way we can get this done. Create empowering beliefs by conditioning your mind and visualizing yourself living out these desires as if they already exist exactly how you want them.

Create a massive action plan. Self-motivation techniques can be as straightforward and easy as creating an ambitious goal: write down what it is you want, identify the purpose behind achieving that goal. Make sure there's something in it for you then take some time breaking down how you're going to get from where we are now into our final destination.

Visualize your goals. When you feel like it's hard to take that first step in a new direction, just think about how great life will be when the goal has been achieved. Imagine yourself as already active and living out all of your hopes and dreams!



Focus on gratitude. It can be difficult to learn how to motivate yourself when you're caught up in negativity. Focus on gratitude and adopt an abundance mindset- be thankful for all the good things that happen every day.

How to recognize procrastination?

Procrastination is the act of unnecessarily delaying decisions or actions. For example, if someone postpones an assignment until right before its deadline even though they intended to start much earlier, then that person has been found guilty of procrastinating! Procrastination is a common phenomenon, which affects approximately 20% of adults and 50% of college students. It's associated with worse academic performance, lower job satisfaction and reduced emotional wellbeing. Procrastinators are often perceived as lazy and unwilling to provide their share of the work, but this may not be true for everyone. It's vital that you know if someone is a procrastinator to get help before things get worse.

The critical characteristic of procrastination, which can indicate that someone is procrastinating, is the inclination to engage in unnecessary delay. The person who's delaying generally knows that it is likely to lead them to negative consequences and psychological discomfort. They may also engage in behaviours such as rationalizing their actions, blaming others for their own mistakes etc. Some people procrastinate because they are anxious or hedonistic. While others do not experience any emotional discomfort when procrastinating, which can lead them to indulge in self-defeating behaviours like avoiding tasks at work even though it is clear that this will only make matters worse for themselves down the line if left unchecked.

You might be putting off a task because you've had to re-prioritize your workload. If it's just for a short period, then no worries, but if the delay becomes chronic and unwanted, there may be some echoes of procrastination in play here! You may be procrastinating if you find yourself filling your day with tasks that are not as important or urgent but still take up some time. This could be minimizing the importance of specific responsibilities, so they don't seem overwhelming when placed on the To-Do list for future use or reading emails several times over without making any decisions about them. Another case might be you start a high-priority task and then go off to make a coffee, wait in the "right mood", or wait for the "right time" to tackle a task.

You can break down procrastination into three categories: behaviour, trait, and psychological problems.

- Behavior-Procrastination is the needless delay of tasks despite initial intentions to start or finish them, which might cause frustration with oneself.
- Trait Procrastination occurs when someone has a long-term tendency to delay decisions across many areas in life without any rationalization. Often it is accompanied by negative emotions such as guilt.



- Procrastination is a psychological problem that is accompanied by negative emotions and causes poor performance or personal dissatisfaction about the outcome.

How to deal with it efficiently?

Procrastination is a deeply ingrained habit that you cannot break overnight. To succeed, try the strategies below for breaking your procrastinating pattern:

Be aware of when and where this behaviour occurs. Think about what's motivating you not to work on a task. When procrastinating, do any negative emotions come up like guilt or fear? How might they influence your decision-making process?

Forgive yourself for past procrastination. Studies show that self-forgiveness can help you feel more positive about yourself and reduce your likelihood of future bouts with postponing tasks.

Commit to the task. It is essential to be committed and focused when it comes to taking on tasks. Writing down what needs to be done and specifying a completion schedule will help ensure that your work gets completed proactively rather than reactively!

Reward yourself for completing a difficult task on time. When it's hard to complete tasks, take care of your mental well-being by rewarding yourself. Have an ice cream or coffee from that favourite caffeine spot! And notice how good feeling awaits when you finish things instead of putting them off until later - do not let the pressure get too high because there are always consequences if deadlines aren't met.

Reach out to your peers for help! Peer pressure works wonders when applied correctly. You can ask someone to check up on you, and they will most likely do it! If you don't have anyone to request, an online tool like Procraster might assist you in monitoring yourself.

Don't let tasks pile up. Tackle the ones you can do as soon as they come and go. It is better than waiting until tomorrow or next week!

You can change your inner dialogue. "Need to" and "have to," for example, make you feel like a victim of something outside of control. Changing these words with more empowering language, such as saying "I choose to", makes it seem like you are in charge.

Maximize productivity = minimize distractions. The best way to get work done is by minimizing distractions. So turn off your email and social media, avoid sitting anywhere near a television while you work!

Finish unpleasant tasks first, preferably early in the morning. It will help you get those tasks out of your way. By doing this, you can spend your entire workday on more enjoyable jobs or activities.



Summary

If you find yourself procrastinating because of a task that seems unpleasant, try to focus on the long game. Research reveals that impulsive people are more prone to procrastinate because they're focused on short-term gain. Resist this by recognizing the long-term benefits of completing the task. For instance, could it positively affect annual performance reviews if the task is complete?

Another way to make the activity less tedious and stressful is by identifying all possible bad outcomes from avoiding that particular responsibility at hand. Identify how your superior - boss or teacher may punish you with poor performance reviews when she finds out; what kind of trouble could arise within team dynamics between teammates who depend on you.

It's often possible to reframe the task by looking at its meaning and relevance. This will increase your value in completing it, making work more worthwhile! It can also help you be less afraid of an unpleasant task.

If you're prone to delaying projects because they seem overwhelming, break them down into smaller tasks and focus on beginning the first one. Then work your way through each stage of completion until all the pieces are in place and the large project is done.

Here are five strategies to help you get organized:

You can become a master of **scheduling** and **project planning**. Knowing where to start is challenging if you have a big project or multiple projects on the go! Scheduling and planning will help you to reduce stress levels and allow for more effective time management.

Keep a To-Do List. The best way to avoid forgetting an unpleasant or overwhelming task is by making a note of it. The more thought you put into the list, the less likely your brain will conveniently find something else to do for you!

Prioritize your To-Do List applying Eisenhower's Urgent/Important Principle. This will allow you to quickly identify the activities that should take up most of our time, as well as those you can ignore or delegate without feeling guilty about it!

Setting time-bound goals are vital in achieving your desired outcome. Setting yourself deadlines will help you stay focused and mean that there's no room for procrastination!

To be more productive, use **task- and time-management apps**. There are numerous apps designed to help you stay organized, such as [Trello](#) or [Toggl](#).