



Things to Ponder

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The Secret to Getting What You Want

By Judi Moreo

The secret to getting what you want is to believe it's possible. But how do you believe it's possible if you are unsure?

First, find out everything you can about what it is you want to have, to do, or to be. Do your research. Find out what parts might be easy, what might be hard, what might be good, and what might be bad. The more you find out, the more uncertainty you eliminate. This will help to alleviate your fears.

If you are still unsure, sit down and figure out what it is about your ideas and goals that makes you hesitate. Do you feel like you just don't have the education or the skills necessary? Do you feel you lack the interpersonal skills to get along with people? Maybe you feel you don't have the work experience, the time, the money, the energy or the resources.

Give Up the Fear

Let's face it, the only thing that's really holding you back is fear...the Fear of Failure. Believe me; we ALL suffer from it at one time or another. We all have thoughts like, "Oh, I couldn't do that. I might fail and then where would I be? Look what I will have given up to try something new and if I fail, I'll have nothing. I won't be able to support my family, myself, or pay my bills. Besides, what will people think?" Sound familiar? Let me assure you, YOU HAVE NOTHING TO FEAR! You can BE, DO, and HAVE anything in life that you want. What do you dream about? A great relationship? A bigger house in a better neighborhood? A luxurious vacation each year? A job that's fulfilling? A new car? It's all within your reach, no matter what your situation is now.

Thinking About Staying Behind

When we have a fear of failure, we are putting our energy into failing. We become what we think about – so if fear of failure is always on our minds, what are we most likely to attract into our lives? You guessed it – FAILURE! We are concentrating on failure and therefore, directing our subconscious mind to make us fail. When we think about our failures on a daily basis, we are simply rehearsing our upcoming results. Do you often find yourself thinking, "I can't do it because I'm not smart enough, attractive enough, educated enough, or thin enough?" Do you concentrate on the things you don't have or can't do such as, "I don't read music, speak another language, drive a car or know how to golf?" Negative. Negative. Negative. "I can't." "I'm not." "I don't." You've rehearsed this long enough. You might as well go ahead and finish the whine. "Everybody hates me. Nobody likes me. I'm gonna eat some worms and die." At some point you have to stop worrying about "being enough" or what people think and just

get on with it. Accept the responsibility for your own success and determine to move forward from this point on!

When I was a young woman, my mom pointed out to me there is nothing wrong with failure. You sometimes have to do it in order to succeed. Here is the example she gave me: "When you were a child, you learned by trial and error. When you were learning to walk, it was not a game. Neither was it a test which you could pass or fail. It was skill building. You were learning a skill that you would need throughout your lifetime. If you fell down, no one said, 'That's it. You had one chance and you messed up. You get no more chances. Stay down.' No, when you fell down, we encouraged you to get up and try again. Then one day, you did it all by yourself. That's how it works. You try. You fall down. You get back up. You fall again. You get back up again and again until you get the result you want."

There's nothing written in the rule book of life that says you get one try and only one. Persistence is, in fact, one of the attributes of most successful people. Persistence means to go on resolutely in spite of opposition. It also means to go back and be willing to change things. You must decide what you want and then go after it. You can modify the process until you get the result you want. If you keep doing the same old thing in the same old way, you'll keep getting the same old result. If you want a new result, you must do something differently.

What Will Other People Think?

Most of us have been taught we should be concerned about what others think about us and we should seek their approval for all we do. We hear a little voice in our heads yelling, "If you fail, you'll look like a fool."

When I was in high school, I didn't try out to be a cheerleader because I was afraid I wouldn't be as good as the other girls and wouldn't get selected for the squad. There it was --*my fear of failure*. In my mind, if I was rejected, it would mean I failed. So I decided it would be better not to try at all than to try, fail and look like a fool. The sad part of this situation is that with my energy and enthusiasm, I'd have made a great cheerleader. Would my life have been different if I had been a cheerleader? I will never know because I was too afraid to try. I'll bet you can look at *your* life and remember times when you were too afraid to try. We've all wondered about how our lives might be different now if we had taken a few more chances instead of succumbing to the fear of failure.

What's wrong with failure anyway? Why do we let it stop us from doing, achieving, and having what we want? Failure just means you've discovered one more way that doesn't work. Thomas Edison worked for more than a year and a half to create a better, long-lasting light bulb so it could be used in a mainstream application. During that time he found 9,999 ways that didn't work. If he hadn't persisted, you might be reading this by candlelight! If you try and still don't get the result you want, it simply means you were willing to risk, it may take a little longer than you expected, perhaps your goal was unreasonable, you have to do something differently next time, or you have an opportunity to start something new which is more suited to you.

Wouldn't it be wonderful if we could just overcome this fear? We know there's always a chance we will fail, so why worry about it? Everyone else has the same chance of failure as we do. We are not the exception to the rule but we will never succeed unless we try.

Life is an Experiment

In life, we try one thing, it works. We try another, it doesn't work. Instead of letting it paralyze you, do some self analysis. What went right? What went wrong? What went right that could have gone wrong? What other possibilities are there? Then do something differently. Be deliberate and take reasonable risks. Break down the process into smaller more manageable steps. Put the proper effort into achieving your goals and go after what you want. Keep on

trying until you get the desired result.

When you have a goal, a dream or you see an opportunity but you need help to get what you want, let someone know. People will help you if you ask them. If they don't know you want something, they will sometimes give it to someone else. Be clear. Don't just drop hints. Other people can't read your mind. They don't know what you dream about or what you'd like to become. Ask for help and accept it when offered.

(Excerpt from [You Are More Than Enough](#): Every Woman's Guide to Purpose, Passion, and Power)

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