



Day 27: Here's what you should consider:

- 1.) Write down your 10+ things for which you're grateful focusing on things that happened in your life because you took a risk. Because you went out to a networking event, or because you spoke up, or because you got up the nerve to send out a letter or proposal, etc. Anything that made you nervous or involved some risk where you did it anyway and something good came out of it.
- 2.) Try to stop letting the fear of failure stop you. Do something that makes you nervous or has some risk of failure today.

Everyone fails. There's nothing wrong with it, in fact it's great if you can learn from it and it usually means you're putting yourself out there, which is great! Kudos to you. You're already ahead of all those people unwilling to take the risk.

And yet we fear failure. We fear doing something wrong, seeming out of place, or trying something new and not being good at it. We fear embarrassment and ridicule. We fear anger and confrontation.

Don't let fear stop you from taking risks that could improve your life. Sure, maybe they won't work out, but how will you know if you don't try?

Here's something I saw done in a presentation that I thought was fantastic and now I do it too if I talk to high school and college groups and sometimes other groups: I ask for a volunteer. Now, as someone who is shy and rarely volunteers without knowing exactly what's being asked of me, I almost cringe at the thought of my name being chosen if I were in the crowd.

But here's the thing. A volunteer then comes up on stage, not knowing what will be asked of them, willing to take that risk, willing to see what happens. And what does the presenter do? They give the person \$50 and send them back out to their seat.

That's it. That's all they had to do and they got \$50 out of the deal.

That's when everyone in the crowd wishes they had volunteered, right? I mean, who wouldn't walk up on a stage just to be given \$50 and walk back to their seat?

But that person didn't KNOW that was going to happen. They volunteered not having any idea what was going on, and they certainly benefited from taking that risk.

That's the thing about risk. You don't know how it will turn out. But if the worse thing that could happen is someone saying no, then do it. Do the thing, whatever it is. Forget about failure and rejection and throw yourself out there (responsibly - let's not gamble and risk losing your house or something...).

Send the proposal. Give the presentation. Talk to your loved one about what's bothering you. Apply for the job. Ask for the favor. Attempt the new thing.

Everyone fails. If you don't, I'm not sure what you're doing with your life. Failure isn't bad, it's just a step you need to get through to success.

So, go do something where there's a risk of failure. Something little, something big. It doesn't matter. Just make it something that has the potential to move you forward.