

We fear failing because failing hurts our ego. We fear pushing our limits because pushing our limits hurts our self preservation. As humans we are designed to live in a state of fear. A state of high alertness to protect ourselves. If you set a goal to run a 4 minute mile and come up short, you protect yourself by coming up with excuses. If you have fear of the future you will put up walls in the current to prevent that fear from coming true.

When it comes to fear there is no easy way to combat it. It is simply in our nature. It is simply being human. What you can do is change the story. Change your ego, change your limits, change your future.

- 1) Identify your ego. How is your ego limiting you? How can you re-write your ego?
- 2) Identify your limit. How is your limit preventing you from achieving your goals?  
How can you re-write your limit?
- 3) Identify your future. How is your fear of the future making you put up walls in the present? How can you re-write your future?