Tip 12 – Do what you Fear





 Doing what you have the most anxiety about can be a great way to become better at managing your time



 Fears related to business often have a lot to do with fears of being rejected by other people



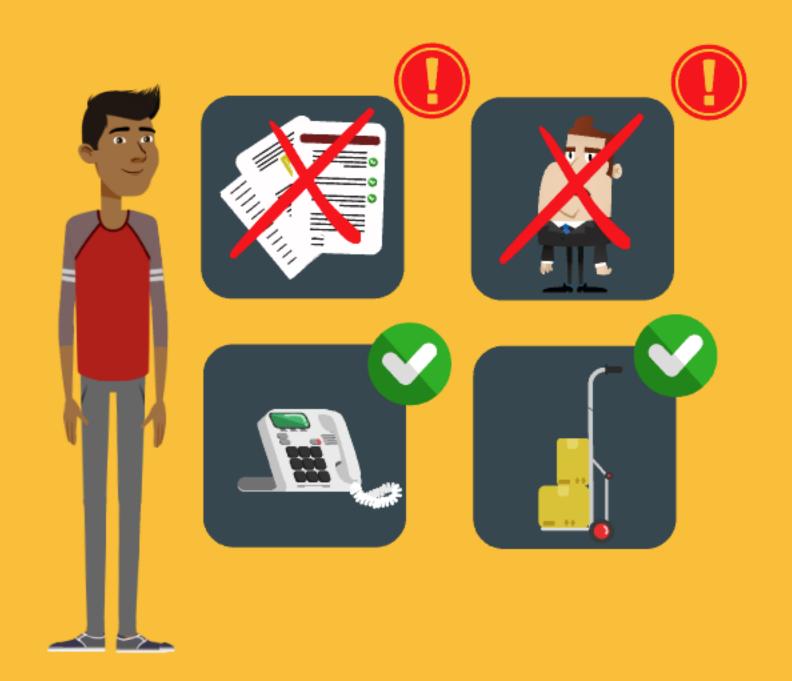


- Confronting a colleague who has been performing under standards
- Facing a sales call that you are nervous about



 Get this task out of the way before attempting to do anything else with your day

Getting it Out of the Way First



Getting unpleasant but high priority tasks out of the way first is the best thing to do

Proving to Yourself What you can Do



 We aren't aware of how much we can handle until we are actually put to the test











 Constantly avoiding fearful situations prevents you from great chances to grow as a person



 Once you become aware of what you are capable of, every task becomes easier

Eradicating Irrational Anxiety



 When you face your fears, you are proving to yourself that the fear was not actually as bad as you thought









 This will give you the confidence you need to face future events that are similar

In Summary



Tip 12 – Do what you Fear

- 1. Getting it Out of the Way First
- 2. Proving to Yourself What you can Do
- 3. Eradicating Irrational Anxiety