

# 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