

Fear, failure, mistakes and success. Four often misunderstood phrases motivated by society's inability to pursue one's authentic intent. So many folk are living a meaningless life with misconstrued interpretations of what our existence ought to entail.

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Introduction

A follow on from 'Escaping the Labyrinth', this short collection of thoughts extends many traditional concepts whereas detailing an assortment of authentic anecdotes and stimulating topics.

So often we are hindered through past conditioning and previous unhelpful commentary that habitually and damagingly resurrects its self to remind us erroneously that we are inferior or incapable of success. Each person has a subjective interpretation of achievements or goals and unfortunately far too often society determines what these ought to entail based on stereotypical portrays of success. 'Beware of over concern for money, or position, or glory. Someday you will meet a man who cares for none of these things. Then you will know how poor your are' - Rudyard Kipling.

We are frequently also brought up believing that failure is something to be avoided and hence is only for the irresponsible, foolish and careless. We fear what people will think of us, our ideas, how we dress along with the apprehension of a mistake or failure itself. Fear confines one to a hard enclosed box and inhibits innovation, experimentation and that of stepping out of our comfort zone. Always enquire 'what's the worst that can happen' and commonly one will observe there are in fact other more important aspects to devote ones time or concern to. Hence the brief digression into the nature of viruses that we all are mostly familiar with and



which triggered unpleasant implication throughout the world commencing in the latter part 2019. Often our enemies are those thoughts and influences that remain unseen, eroding us as does rust on a metal surface.

It is a challenging planet we reside on where people appear repeatedly to prefer finding fault in remarks, undertakings and achievements as opposed to complimenting, encouraging and openly locating value in another person's work. This is made that much easier by remaining anonymous or distant from any legitimate confrontation some distance behind their screens. Hopefully this concise collection of random opinions will alleviate any concerns around fear or failure whereas transforming those often damaging and established opinions as to conventional success.

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Let us briefly examine these two themes before exploring further the concept of mistakes as I believe they irrefutably contribute towards preserving many of our populace in a state of mediocrity whilst opening doors to unnecessary and often avoidable misery. All of which precludes attaining that level of success, prosperity or achievement we consider significant. Recognising, managing and controlling these subjects though are undoubtedly worthwhile traits developing.

As with debt, the internet and our thoughts, fear can likewise both be helpful or damaging respectively and will hinge around how one responds. It may furthermore be present in an acute (short term) or an endlessly debilitating manner, the latter usually far more destructive as in emotional or physical abuse (covered in the book 'escaping the labyrinth') alongside



mood disorders which incessantly wears one down. It similarly is capable of having its roots in past unsupportive experiences and previous conditioning as a result of socially accepted conduct, all of which remains dormant in our subconscious until activated and subsequently disqualifies us from transforming beneficially. These most certainly are not figments of the imagination and unquestionably need to be suitably dealt with. Continuously being told at a younger age (or any for that matter) to conform, one is useless, overweight or incapable of succeeding/securing a job and is unattractive, all elicits ramifications later on in life when we have to confront or attend to issues that perhaps are influenced by these self defeating thoughts. It also permits the mind to search out affirmations (that mostly are unrelated) which subjectively endorse these beliefs. For instance, an innocuous sideways glance or abrupt response from someone who is having a bad day is opportunely interpreted as highlighting ones particular ingrained defectiveness.

This inadequacy is in the same way, underpinned through social media when postings of apparent achievements including wealth, beauty and contentment receive affirmations of likes and congratulations. Always remember, what is portrayed is mostly never a true picture of actuality and some of the seemingly happiest persons suffer from unremitting depression, abuse, financial dilemmas and insecurities. Just as a chameleon is proficient at changing its colour to suite its environment, so too is the world full of disguises. Thus avoid at all costs evaluating yourself against others and never base your self-worth on external factors manoeuvred through comparisons and what is expected. Everyone has a skill, story, ability or potential that may assist or interest others and which undoubtedly will stand you apart from someone else. This doesn't have to encompass the typically applauded avenues, accomplishments and accolades that are so often publicised in our materialistically and frequently artificially driven existence. Past experiences/attainments, personal battles, tenacity or overcoming an addiction or element of criminality are all just as praiseworthy. "The battles that count aren't the ones for gold medals. The struggles within yourself – the invisible battles inside all of us – that's where it's at." – Jesse Owens

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