FEARLESS

"The thing that stops most people is the start" – Brian Cain

In competition, holding back causes you to play timidly and with a mentality of "don't make a mistake" rather than with a relentless confidence of "go get what's yours." In life, holding back causes you to make excuses for why you do not pursue what you *really* want whereas the relentless person pursues what he wants even when people tell him *no.* We often hold ourselves back from greatness due to our own self-limiting beliefs of what we think we can and cannot achieve or we allow those around us to tell us what we are capable or incapable of achieving. So what holds you back? A fear of failure? A fear of success? Worries about what other people might think of you? Writing out what really holds you back is the first step in breaking through those obstacles by considering them and asking yourself… "Are the things on this paper really worth fearing? Are they really worth keeping me up at night and keeping me from living the life I desire? Take it serious and be honest with you. No one else ever has to read this list.

Top Ways You Hold Yourself Back From Greatness

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

When you've written them all out – cross out the ones that aren't worth fearing anymore and make the decision to pursue what you really want without a fear of rejection. When you run into haters and doubters along the way who tell you that you'll never make it…then you know you're on the right track.