

The Confidence Factor:

3 Fears you must face in order to be successful

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1. The Fear of Rejection:

Creating a crippling anxiety about the thought of being rejected causes many people to remain in the "safe zone" of their career and business. In order to learn how to improve your leadership and business skills, you must face the fear and take a risk anyway. If you are rejected, it is time to sharpen your skills and learn what you need to do to earn the opportunity. Remember, learning never ends.

2. The Fear of Inadequacy:

Also known as comparison. The inability to recognize and celebrate your own skills due to the comparison to others will cause a real shift in your mindset when it comes to endorsing fear. Learn how to celebrate your own uniqueness and the importance of highlighting the strengths that you have, therefore, you will not have the time to compare yourself to anyone.

3. The Fear of Loneliness:

I learned over my 10+ years in business that success is lonely. Many people cannot relate to your determination and mindset. As you grow, you will recognize people in your inner circle will not grow with you. You must be willing to continue the journey alone at times. Every step of elevation along the journey will align your expertise with a new inner circle, but you must be willing to let go and be alone at times if you are committed to success.

To learn more about joining the Confidence Factor for Women in Leadership movement for exceptional leaders, visit www.theconfidencefactorforwomen.com

Carol Sankar is a business advisor for high level executives, service based visionaries and a leadership expert who is committed to assisting passionate, high-achieving leaders simplify their lives while increasing revenue by becoming productive, not working harder. Carol has been featured in Madame Noire, LearnVest, The Steve Harvey TV Show, CNNMoney.com, TEDx, Daily Worth, Entrepreneur Magazine and Essence Magazine

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