

Fear of Failure



Why do you want to accomplish your goal? What's in it for you? What is the "why"?

What is your fear if you fail? What is at risk?

- *My parents and coach will be disappointed. I will be heartbroken at having trained so hard and coming up short.*

Take the things from number two and annihilate them with logic:

- *My parents will be disappointed > My parents love me unconditionally. They will have my back no matter how I swim.*
- *I will be devastated if I don't swim up to my expectations > I've failed before and been fine. I'm tougher than I think.*

RACE
