

Sunil Bali

A check up from the neck up...



“Fear of failure has people running the same mental patterns, because as soon as they get to the edge of their comfort zone, their psychological handbrake comes on.”

When asked, what is the biggest thing that stops people from living their dream? Sir Richard Branson replied, "The fear of failure."

Yet this is a fear we're not born with. We're actually only born with two fears, the fear of falling and the fear of loud noises. All other fears are learned as we grow up.

Young children are happy because their minds haven't downloaded the file "what could go wrong."

They're more awake to each moment than most adults because their world of wonder isn't shrouded in the mist of conditioning.

Fear of failure has people running the same mental patterns, because as soon as they get to the edge of their comfort zone, their *psychological handbrake* comes on.

The problem with the comfort zone is that nothing ever grows there, apart from dissatisfaction and waistlines.



The paradox of living a great life is that you don't just learn to do things better; you also unlearn all the energy sapping, dream stealing habits you've picked up in your life. You keep dropping them until you find the real, authentic, natural you, and that's when the magic happens.

Of course, we all have times when our *psychological handbrake* is on. But to take it off, simply do what children at nursery school do: love, laugh, play and create - every day.

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About the Author

Sunil is a Performance Coach, Speaker and Author.

Ex Head of Talent for Vodafone Group and Santander, and having run a £50m business, Sunil has been responsible for hiring over 50000 people and has had the pleasure of working with some great entrepreneurs, professionals and leaders.

Moving minds - Transforming performance

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