POWER PRINCIPLE 4:

DON’T LET FEAR, DOUBT, OR WORRY HOLD YOU BACK
Don’t Let Fear, Doubt, or Worry Hold You Back

The fourth of the 10 POWER PRINCIPLES is Don’t Let Fear, Doubt, or Worry Hold You Back as you embark upon your journey to unleash the greatness that exists within you.

You must recognize that fear, doubt, and worry will occasionally pop into your mind. Fear usually tries to convince us that something bad, negative, or different from what we expect will happen if we pursue our dreams. Thoughts about bad or negative outcomes can stop us from pursuing our dreams or some aspirations in life. For example, perhaps you are very interested in writing a book. Thoughts of fear will try to convince you that no one may buy the book or if you want to get a job, fear may try to convince you that no one will ever hire you, so don’t bother with trying.

Slightly different from fear, thoughts of doubt will try to convince you that you are not capable or knowledgeable enough to accomplish a task or idea that you may have. Once again, if you are thinking of writing a book, thoughts of doubt may send negative messages to you, such as thoughts that you are not really a good writer because you do not have excellent writing skills or because you have never written a book. Or in trying to get a job, thoughts of doubt may make you think that you won’t do well in the interview.

Likewise, thoughts of worry will try to convince you that something will go wrong or things will not progress as planned and that problems will occur. Once again let us assume that you have an idea to write a book. Worrying will produce thoughts such as, “You’ll never finish this book” or “You’ll never find a good publisher.” Or when trying to get a job, thoughts of worry may make you think that you may get the job but won’t be able to keep the job.

It is imperative that you do not allow fear, doubts, or worries to stomp on your dreams. Also, don’t be hindered by other barriers that are perceived to exist, such as racism, sexism, criticism, cynicisms, or any other ism that you may encounter. Ignore all phrases from anyone with sentiments like, “Girls aren’t good at...” or “Minorities...”
can do well in... That's a terrible idea. Why would you want to pursue that in life?

To prevent these types of statements from hindering your success, you need to have the courage to continue pursuing your dreams in spite of this negative feedback. It is critical to have the courage to try things and to continue your efforts. Having courage is critical to conquering your fears, doubts, and worries. Continue to take action and execute your tasks or move forward with your plans and ideas. I have a very dear friend, Dr. McCauley-Bell, who says, "Winners Don't Quit," and we all know that quitters don't win.

POWER STORY #4

I remember the first day that I began thinking about going to graduate school and completing a master's degree in Industrial Engineering; it was during my sophomore year in college at Texas A&M University. Dr. Howard Adams was visiting our campus to recruit students for the GEM fellowship program. During his recruitment talk, he discussed all of the benefits associated with having a graduate degree—greater job responsibility, greater salary, greater career flexibility, greater marketability, etc. I was so excited by and impressed with his presentation that I was convinced that graduate school was a great opportunity for me to pursue.

The weekend after this seminar, I drove to my hometown for a visit to see my family and friends. During this visit, I saw my good friend's father who was a practicing civil engineer in Fort Worth, Texas. I was so excited to tell him about the seminar on graduate school and about my new plans to pursue a graduate degree. As soon as I finished the story, he asked three questions. Why do you want to do that? Won't this make you over-qualified and under-paid? Who will hire you?

Immediately my mind became filled with fear, doubt, and worry. I started to wonder if I had the intelligence to complete a graduate degree, if I would get a job, if I would earn a good salary, and if I was making a good decision.

It is amazing how quickly someone's comments can cause you to become fearful, doubtful, and worried about all of the negative consequences of your actions. I managed to eliminate this fear,
doubt, and worry about pursuing a graduate degree by gathering good information on the success of people with graduate degrees in engineering. The key to my success was replacing the thoughts of fear, doubt, and worry with specific information, reliable data, and statistics on the benefits associated with pursuing a graduate degree.

POWER ADVOCATES' COMMENTS

Neveah: I know that it is very hard to practice this principle in life because you always feel fear, doubt, or worry at some point in life. Although you might see the little light at the end of the tunnel, you may wonder if you will ever make it through the tunnel or if the tunnel ever ends. I think at these times of fear, doubt, or worry, you have to remain faithful, stay focused, and don't stop.

Eddie: Fears, doubts, and worry can sort of paralyze you and prevent you from trying to do things. You must work to overcome your fears by understanding why you are afraid and then working to eliminate that factor from your thoughts. You have to first face your fears and then work to remove the doubts that you have about yourself.

KB: Well, I have been really fearful in some situations. Particularly at my age, around your peers, you want to make an impression, but you definitely want to avoid embarrassing yourself. So, that's why people who really don't care what their peers think about them go farther in life because they are not scared to chase what they are searching after, regardless of what their peers think of the situation.

Desera: I agree with this power principle, but sometimes it is easier said than done. I say this because fear, doubt, or worry are emotions that I feel pretty much on a daily basis, so it is easier said than done to overcome them and just not give in to your feelings. For example, if I am worried about something, I cannot just say stop it, don't worry, move on. However, it is true that you need to put these feelings behind you and move on. Sometimes it takes a little help to overcome them, and you should find people who can help you when you encounter this problem, such as friends, parents, teachers, counselors, or pastors.

Socrates: Well, personally I think fear, doubt, and worry stem from things that you feel others may think of you and your actions. These thoughts are a combination of the way you feel about yourself, as
well as the way you feel other people see you. The bottom line is that no one wants to be seen as a failure. I think that true failure only happens when you allow fear, doubt, or worry to keep you from trying.

Soda: Well, for example, some self-conscious people don’t want to do anything because they feel that everyone will pay attention to them and they don’t like that attention. I am really lucky because my parents have always pushed me to do what I want to do, and I thank my whole family. I guess some people have parents who are going to push them to do what they want. When you really think about it, it doesn’t matter what other people think because it’s about your life. So what if you have fear, doubt, or worry? I think you should try to achieve your goals anyway.

**POWER DILEMMA**

Jim, from Nebraska, is a junior at Melrose High School. Jim has been invited to attend the summer Engineering Program at Purdue University, but he is afraid that the university is too far away. He is worried that he won’t like being in Indiana. What words of wisdom can you share with Jim?

John, from Florida, is a senior at Jones High School. John wants to try to go to college, but his friends keep telling him that he can’t make it in college and that he should forget about college and get a job. What would you tell John?
POWER QUESTIONS
Take time to answer the following questions related to Power Principle #4 Don’t Let Fear, Doubt, or Worry Hold You Back.

What are some of your fears today?

________________________________________________________________________

________________________________________________________________________

What can be done to combat some of these fears?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

What are some of your doubts today?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

What can be done to erase some of these doubts you are having today?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

What are some of your doubts about your future?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
What can be done to erase some of the doubts you are having about your future?

What are some of the worries that you have today?

What can be done to ease the worries that you have today?

What are some of the worries that you have about the future?

What can be done to ease the worries that you have about the future?
Work on completing the following Power Action Activity to reinforce the concepts discussed in this chapter.

**Power Principle: Don't Be Hindered by Fear, Doubt, and Worry.**

**POWER ACTION ACTIVITY**
Develop a banner, sign, or poster with the phrase “Winners Don't Quit” and post it on a wall in your room. Remember to be creative and make something that you will be proud of producing.

**POWER JOURNAL**
Assume that your best friend likes to run track, and she decides to try out for the track team. Later, one day before try outs are being held, she tells you that she has decided not to try out because of fear, doubt, and worry. Write down what you would do to help her with this situation.
Suppose that your good friend gets a scholarship to go to college far away in another city, but he or she is afraid to go away. What advice can you give him or her? Write this in your journal.

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________


Often students become worried about taking tests. Describe what type of worries they may have and what can be done to overcome this problem.

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________
Describe a time when you felt proud of yourself.
What passion do you have that you absolutely must pursue in life to be happy and fulfilled?