



REFLECTIONS



OVERCOMING FEARS HOMEWORK FOR EPISODE FIVE

Fear. Anxiety. Doubt. Imposter syndrome. Everyone feels it.

And if someone says that they never feel it, they're lying.

But overcoming fears is incredibly important. And it's an incredibly important part of the CRUSH Method- because in order to succeed at something- at anything- you have to have the sheer stamina to be able to hit that goal or objective. You have to be able to overcome any fears or roadblocks that may be holding you back.

But so- how do you manage? How do you deal with fear?

Get Logical About It

In Episode 5 of Dauntless, we heard from world-champion kayaker, Nick Troutman, on how he manages fear. In Nick's case, he first focuses on the difference between danger and fear. Danger is real. Danger is something that causes-or could cause- injury, loss, or destruction. It's an event. A thing. A noun. Whereas fear is an emotion, a feeling. It's a state of mind. Therefore, it can be changed. Any state of mind CAN be changed.

And so by recognizing something as simply fear- Nick is able to take any emotion out of a situation, and instead- break down the needed action into small steps. You heard him say- "instead of being fearful, I'm just going to analyze this in a pros and cons scenario, and be very realistic."

This ability to look past any fear or anxiety and instead- focus on the actual, tactical steps- is vital to obtaining peak performance. Take it one step at a time. Piece by piece.

So, first, let's take a stab at that. Write down your number one fear. Is it fear of public speaking? Is it fear of failure? Is it fear of losing your job? What eats at you?

Now, think through the exact steps that occur when you feel that fear. For example, if it's fear of public speaking, identify what the performance would look like. So it might look like this:

- 1) I walk out onto the stage
- 2) I step up to the mic
- 3) I start talking
- 4) I insert a joke
- 5) I finish my speech

Here's the key: be as descriptive as possible in your visualization of the steps. In the example above, picture the stage itself. Picture what the crowd looks like. Picture what you're wearing. Capture all of those images on paper.

The point here is to create a mental simulation of the event, performance or competition. You need to have an "imagery script," which is a highly-detailed account from Point A to Point Z.

Your turn. Write out the steps below:

Now, in the days leading up to the event- or the trigger of your fear- focus simply on those steps. Make them almost a mantra, of sorts. Rehearse just the brass tactics in your mind, over and over again, until it's all that you know. You will not think about the underlying emotions. You will not allow your fear, anxiety, doubt or stress to creep in. ONLY think about the steps themselves.

Why does this help?

This tactic is rooted in the science of sports psychology, specifically: guided imagery, or visualization. The basic premise is that you create a visual in your mind of the event or thing that is causing you fear or anxiety. And this tactic has been used by Olympic athletes, successful business people and public performers all over the world for years. In fact, there's a lot of research around it.

For example, before arriving at the Sochi Olympics, Canadian bobsledder Lyndon Rush had mentally driven the Sochi course hundreds of times from start to finish. In an article in the New York Times, Rush said: "I've tried to keep the track in my mind throughout the year," he said. "I'll be in the shower or brushing my teeth. It just takes a minute, so I do the whole thing or sometimes just the corners that are more technical. You try to keep it fresh in your head, so when you do get there, you are not just starting at square one. It's amazing how much you can do in your mind."

For the Olympics, this was such a powerful tactic that nearly all countries worked with sports psychologists in the months leading up to the event. They use it as a way to prepare for performance, as well as to overcome any mental obstacles or negative emotions.

Bottom line: this tactic can work for you, too. No matter where your fear, anxiety or doubt comes from, use mental imagery as a way to prepare for your performance. Whether it's in the boardroom, or on a stage, or in a sports arena, you can use visualization to get out there and crush it!