

12 Things That Will Make You Bold, Courageous and Successful

By Tess Marshall | [Positive Provocations](#)

When we put successful people on pedestals, we put ourselves down. We forget that they're human. We forget that they experience fear, failure and rejection just like everyone else.



The difference is that they keep going, in spite of their fears. They're not afraid to put it all on the line.

They let go of what others think of them. They risk experimenting with something new to get closer to their dreams. They're not afraid of the spotlight.

Begin to see yourself as equal to everyone else, especially the people you admire. See yourself as being just as capable and brave.

Begin to think of yourself as a successful person. When you do, you're more apt to put yourself out there for a date, a new job, or a daring adventure.

If you really want to feel fully alive, excited and happy, you have to face your fear and go beyond it. There is simply no other choice.

1} Plan on getting rejected. Don't take rejection personally. Everyone isn't going to say yes. Everyone isn't going to like

you. That's okay.

Don't allow the word "no" to get you down. Do something to change your emotional state. Listen to music and sing at the top of your lungs.

Don't over analyze it, don't dwell on it, and don't hash it over with others. Ruminating over your loss is a waste of energy and time. It is what it is. Instead, look for solutions or ways to get a "yes."

2} Know what you want. You'd be surprised how many people don't know what they want. Are there places you want to visit? Are there people you want to meet? What do you want to know more about? Give yourself permission to go after what [you want](#). You deserve the best that life has to offer.

3} Penguin steps will take you there. Push through your fear with small steps. When you are stuck in fear, continue forward with tiny steps. Penguin steps move you forward. Rent the movie The March of the Penguins to see what I mean. Just take one step and then another. Like the penguins at the end of the day, you'll be surprised at your progress!

4} Begin today. Whatever you want to change or do, [start now](#). Take one step every day in the direction of your dreams. You'll be amazed at your progress after a few weeks. It may not be easy, but it is possible. You never get back the hours, days and years that you waste. Life is short. Tomorrow isn't a guarantee.

5} Fear, doubt and worry will come and go. Tell yourself, "This fear shall pass." Lean into it and breathe deeply. Watch the story that's going through your mind. Release it. Everything is in flux. Nothing lasts forever. This fear shall pass. Breathe. Release. Relax.

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