

## **Fear Is Your Friend**

Find out why you fear everything you fear.

If you're part of a tribe, then you're safe.

If we see a lion, we should be afraid, of course.

Real catastrophic risk is ok to be afraid of.

In most of the situations of our lives, the worst-case scenario is probably not death. So there's no reason to be afraid of situations in our life.

We're scared that if we fail after stepping up, that we're gonna get kicked out of the tribe. A deep psychological problem.

We're confusing failure with death, it's part of human instincts.

In life, you're 100% necessarily going to fail, think of failures as micro failures.

It's just enough to make you stronger, it's not going to destroy you, or kill you.

You want to transform this fear and you want to become obsessed with micro failures, the more you have the better, the more micro failures you'll have the more you'll become stronger

Deliberate practice is where you're purposefully trying to get better.

Deliberate practice > Regular practice

The motion of doing something 10,000 times, that's not deliberate practice, try to do it faster every single time, push yourself to be better every practice session.

You're naturally in unexplored territory and will fail, but that's where you'll learn.

Be ok with failure.

Act quickly, action cures fear.

Try to list the 5 things you've learned about.

They're probably problems that you hated or were scared of at the time.

Questions:

What are micro-failures?

How can you avoid stagnating and plateauing in your skill?