



# HOW TO CONQUER THE FEAR OF FAILURE AND MAKING MISTAKES:

Rebuild Self-Trust and  
Protect Your Energy



Risha GodstyleBilal



RISHA GODSTYLEBILAL

How to Conquer the Fear of Failure  
and Making Mistakes: Rebuild  
Self-Trust and Protect Your Energy

*First published by Introspective Solutions and Services 2024*

*Copyright © 2024 by Risha GodstyleBilal*

*All rights reserved. No part of this publication may be reproduced, stored or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise without written permission from the publisher. It is illegal to copy this book, post it to a website, or distribute it by any other means without permission.*

*First edition*

*This book was professionally typeset on Reedsy.*

*Find out more at [reedsy.com](https://reedsy.com)*

# Contents

Introduction	1
Chapter 1 – Steps to Fix Your Broken Trust with Self	6
Chapter 2 – Moving Forward: Steps to Make Trustworthy...	12
Chapter 3 – Understanding Energetic Aspects of Fearing...	17
Chapter 4 – The Power of Your Belief Working For You	20
Chapter 5 – Protecting Your Energy	25
Chapter 6 – Reprogram Your Mind	34
Conclusion	37



# Introduction

In life, we often encounter moments of stagnation. If you're experiencing a lack of progress, it might be due to a fear holding you back from making decisions that propel you forward. This fear often manifests as a fear of failure or a fear of making mistakes.

## **Fear of Failure:**

The fear of failure is an energetic block characterized by an intense anxiety or dread of failing at tasks or goals. This fear often stems from a deep concern about the consequences of failure, such as loss of self-esteem, judgment from others, or the negative impact on one's future opportunities. It can lead to procrastination, avoidance of challenges, and a reluctance to pursue new experiences, ultimately hindering personal and professional growth.

## **Fear of Making Mistakes:**

The fear of making mistakes is a related but distinct energetic block where individuals experience significant anxiety about making errors or wrong decisions. This fear can arise from a perfectionistic mindset, where the person believes that any deviation from an ideal outcome is unacceptable. It can also be influenced by past experiences of criticism or punishment for mistakes. The fear of making mistakes can cause individuals to

second-guess themselves, over-analyze situations, and avoid taking risks, thereby limiting their potential for learning and development.

Recognizing this is the first step towards recovery. This e-book aims to guide you through the process of regaining trust in yourself and your decision-making abilities as well as protecting your energy moving forward to reduce the experience of pain if mishaps take place in the future.

This e-book will explore the emotional landscape of fear and disappointment, offering practical steps to help you acknowledge and process these emotions. By doing so, you can begin to dismantle the barriers that have kept you from moving forward. The journey of self-trust is not just about avoiding mistakes but about embracing the learning opportunities they present. It's about forgiving yourself for past missteps and recognizing that they do not define your worth.

As you work through this e-book, you'll start to see that the power to change your life lies within you. The goal is to help you build a foundation of self-confidence and resilience, enabling you to make decisions with clarity and conviction. Remember, the path to self-trust is a continuous journey, and with each step you take, you get closer to living a life that truly reflects your desires and potential.

Here's a comprehensive list of areas where **people commonly fear** making mistakes or fear failure:

**Career and Professional Life:**

- **Job Performance:** Fear of not meeting job expectations or failing in a role.



- **Purpose:** Anxiety about uncovering your purpose in life to achieve life satisfaction.
- **Entrepreneurship:** Concerns about the viability of starting or running a business.

### **Academic and Educational Pursuits:**

- **Exams and Grades:** Worry about not performing well on tests or assignments.
- **Degree Completion:** Fear of not finishing an educational program or course.
- **Public Speaking:** Apprehension about presenting or speaking in front of an audience.

### **Relationships:**

- **Dating:** Fear of making mistakes that could lead to choosing the wrong partner or in the reverse, fear of not being chosen by someone you like.
- **Romantic Relationships:** Fear of making mistakes that could lead to breakups, conflicts, or being ghosted.
- **Friendships:** Anxiety about creating, maintaining, or damaging friendships.
- **Family Dynamics:** Concerns about failing in family roles or responsibilities.

### **Personal Growth and Self-Improvement:**

- **Health and Fitness:** Fear of failing to achieve health or fitness goals.
- **Personal Family goals:** Worry about not being married, not

having children, or not being financially stable by a certain age.

- **Financial Management:** Anxiety about being poor or failing to achieve financial goals.

### **Decision-Making:**

- **Life Choices:** Fear of making significant decisions, such as choosing a career path or relocating.
- **Investment Decisions:** Apprehension about making poor investment choices.
- **Purchasing Decisions:** Worry about making mistakes in buying decisions.

### **Parenting:**

- **Parenting Skills:** Fear of not being a good parent or making mistakes in raising children.
- **Educational Choices for Children:** Anxiety about decisions related to children's education and activities.

### **Social and Community Involvement:**

- **Volunteering:** Concerns about not contributing effectively or making mistakes in community service.
- **Social Engagement:** Fear of making social blunders or not fitting in.

### **Creative and Artistic Endeavors:**

- **Artistic Projects:** Worry about not meeting personal or

public expectations in creative work.

- **Performance Arts:** Anxiety about failing in performances or creative presentations. A fear of making a mistake while public speaking.

### **Personal Integrity and Ethics:**

- **Moral Decisions:** Fear of making choices that might compromise personal values or ethical standards.
- **Trustworthiness:** Worry about not being seen as reliable or trustworthy.

### **Spiritual and Philosophical Beliefs:**

- **Spiritual Practices:** Anxiety about failing in spiritual practices or beliefs.
- **Existential Choices:** Fear of making mistakes related to life purpose or existential questions (Ex: Fear of adopting and following the wrong spiritual beliefs.)

This list covers a broad range of areas where fears about making mistakes or facing failure can manifest, helping to illustrate the diverse yet common ways these fears can impact people's lives.

# Chapter 1 – Steps to Fix Your Broken Trust with Self

It's natural to feel stuck when fear clouds our judgment. This fear can be so pervasive that it stops us from taking any action at all, leaving us in a state of paralysis. Understanding that these feelings are normal and that everyone experiences them at some point is crucial. However, the key to overcoming this stagnation lies in addressing these fears head-on and learning to trust yourself again.

## **Step 1: Acknowledgment of the Disappointment**

The first step to recovery is acknowledging that the decisions you've made in the past may not have turned out as you had hoped. This recognition is crucial as it allows your brain to process the emotions associated with those experiences. By acknowledging these feelings, you can expedite the process of emotional healing, making it easier to tackle the fear that lingers from past failures or mistakes.

The journey to reclaiming self-trust begins with acknowledging the disappointments of the past. Often, our decisions may not unfold as planned, leading to feelings of regret or self-doubt. Recognizing this is a critical step in the healing process, as it allows us to confront and process the emotions tied to these

experiences. It might be scary to face these feelings head-on, especially when they are intense or overwhelming. However, it's important to remember that it is safe to experience these emotions.

By allowing yourself to acknowledge and feel these emotions, you initiate a process of emotional, and therefore energetic, healing. This process can be challenging but is necessary for moving beyond the fear of repeating past mistakes or failures. When you give yourself permission to experience and process these feelings, you can begin to release the emotional baggage associated with them. This release is crucial for overcoming the fear that often holds us back and prevents us from making decisions that could lead to growth and new opportunities. Embracing this acknowledgment as a natural and vital part of your journey allows you to reclaim your power and move forward with greater confidence and self-assurance.

## **Step 2: Forgive Yourself**

Commonly, a lack of information or clarity leads to many poor decisions or failures, causing harm and reinforcing a belief that you are incapable of making sound choices. This mindset can lead to stagnation, driven by the fear of repeating past failures. However, it's crucial to forgive yourself. Recognize that the outcomes from past mistakes are not a measure of your worth. It's merely an experience, one that everyone encounters at some point in life.

Forgiving yourself is an act of self-compassion and an essential step toward personal growth. When you hold onto guilt or self-criticism, you anchor yourself in the past with the strong negative emotions that you have not been able to process and

release. These unprocessed emotions become stagnant energy, preventing forward movement. Instead, understand that mistakes are a natural part of the human experience and offer opportunities for learning and growth. Each decision, whether it results in success or failure, provides valuable insights that shape who you are and guide your future choices.

To forgive yourself, start by acknowledging that you made the best decision you could with the information available at the time. Understand that being human means sometimes lacking clarity or foresight. This acceptance is not about excusing mistakes but about understanding and releasing them. By doing so, you free yourself from the burden of past errors and open up to new possibilities and perspectives. Thank yourself for being brave enough to make that last move, regardless of how it turned out. Don't fear pain; intense pain often results from ignoring smaller discomforts or initial reactions to reject something that you ultimately accepted in error, and held onto for too long. The longer you hold on to something that is not for you, the greater the pain will become. So, forgive yourself for holding on too long, and recognize that pain is here to help you make better decisions.

Remember, self-forgiveness is not a one-time act but an ongoing practice. It requires patience and kindness towards yourself, especially when confronted with memories of past choices. As you continue to forgive yourself, you'll find it easier to embrace vulnerability, release control, and make decisions with a clearer, more compassionate mindset. This journey is about recognizing your inherent worth, independent of past actions, and allowing yourself the freedom to grow and evolve.

### **Step 3: Decide to Take Risks Again**

Even if fear still lingers, deciding to take risks is a pivotal step in rebuilding trust in yourself. By committing to taking risks, you signal to your mind that you are ready to grow and learn. This decision marks the beginning of a new journey towards self-belief and confidence. It's an opportunity to redefine your relationship with failure and mistakes, viewing them as necessary steps in your personal growth.

Taking risks doesn't mean acting recklessly; rather, it involves making calculated decisions despite the possibility of failure. This process requires courage, as it pushes you out of your comfort zone and into the realm of the unknown. However, it's within this space that the most significant growth occurs. When you choose to take risks, you give yourself the chance to experience new things, gain valuable insights, and discover strengths you may not have known you possessed.

By embracing risk, you also learn to see failure in a new light. Instead of perceiving it as a reflection of your inadequacies, you can begin to view failure as an essential part of the learning process. Every risk taken and every mistake made provides you with feedback that can help you refine your approach and make better decisions in the future. This shift in perspective allows you to approach challenges with a more open and resilient mindset.

Deciding to take risks again is an act of self-empowerment. It sends a powerful message to your subconscious that you are capable of handling whatever comes your way. It's about trusting in your ability to navigate life's uncertainties and believing in your capacity to adapt and grow. As you continue to take risks, you'll find that your confidence builds, and your fear diminishes, paving the way for a more fulfilling and dynamic life.

Embrace the uncertainty and potential of each new step. Remember, the greatest achievements often come from the willingness to venture into the unknown. By deciding to take risks, you set yourself on a path of continuous growth and self-discovery, where the rewards far outweigh the temporary discomforts of stepping into unfamiliar territory.

#### **Step 4: Transform Your View of Failure**

The pain associated with failure often stems from our perception of it as the worst possible outcome. You may worry about how others perceive you after a failure. However, it's important to remember that everyone fails at something at some point in their life. Failure is not a unique experience; it is a universal one. To ease the burden of failure, remind yourself, "This happens to everybody. It's not a special occurrence for just me." People who judge others harshly for making mistakes often do so because they are insecure about their own failures. They may take comfort in seeing others fail, as it temporarily boosts their self-esteem when they can't validate themselves in light of their own disappointments. This shift in attention relieves the pressure they feel by projecting it onto you. It's crucial not to worry too much about these types of people, as they are often struggling with their own internal pain and inability to console themselves after making their own mistakes.

Recognizing the universality of failure helps diminish the stigma and isolation that often accompany it. It's easy to fall into the trap of believing that our failures are exceptional or indicative of personal flaws, but this is far from the truth. Every person, regardless of their status or success, encounters setbacks and makes mistakes. These experiences are not only common but also crucial for personal and professional growth.



Furthermore, understand that making mistakes is a natural part of life. We are inherently imperfect beings, and this imperfection is a fundamental aspect of our existence. Accepting this reality allows us to approach life with a more forgiving and compassionate attitude towards ourselves and others. Instead of viewing failure as a reflection of our inadequacy, we can start to see it as a valuable teacher, offering lessons that contribute to our development.

By transforming your view of failure, you can alleviate the fear and anxiety associated with it. This shift in perspective enables you to embrace challenges with a more open and resilient mindset. It also frees you from the paralyzing worry about others' opinions, allowing you to focus on your own growth and well-being.

In the end, failure is not an endpoint but a steppingstone on the path to success. It's an opportunity to learn, adapt, and become more resilient. Embrace it as a natural and necessary part of your journey and remember that every successful person has a trail of failures behind them. The key is to learn from these experiences, grow from them, and continue moving forward with confidence and self-assurance.

## Chapter 2 - Moving Forward: Steps to Make Trustworthy Decisions

Now that we've addressed the mental shift required to recover from past disappointments, let's explore practical steps to make decisions that inspire confidence and peace of mind. These steps will guide you toward making choices that align with your true desires and values, allowing you to trust yourself and your decision-making process.

1. **Set Intentions:** Be clear about your goals. Knowing what you aim to achieve or experience helps guide your decisions. You are more likely to succeed when you have a clear target. Setting intentions provides a sense of direction and purpose, helping you stay focused on what truly matters. Whether it's a career objective, a personal growth milestone, or a relationship goal, clearly defining your intentions sets the foundation for making decisions that support your aspirations.
2. **Remove Emotions and Expectations from Outcomes:** When we approach goals, decisions, or endeavors with strong emotions or high expectations, we set ourselves up for potential disappointment and pain if the outcomes don't align with our hopes. By detaching emotions and

expectations from the outcomes, we can mitigate the perceived or actual pain associated with outcomes that differ from what we desired. Let your excitement come from taking part in the process or even from the results once success has been achieved, but don't count your chickens before they hatch. By removing the emotional charge and rigid expectations from outcomes, you create a more balanced and resilient approach to achieving your goals. This mindset shift not only helps in managing disappointment but also enhances your overall well-being and ability to handle life's various challenges with greater ease. This is also how you gain and maintain emotional stability so you can hold space to make that decision.

3. **Assess the Facts:** Objectively evaluate the situation without bias. Look at the facts as they are, not as you wish them to be. This involves gathering all relevant information and considering it without letting emotions cloud your judgment. By staying grounded in reality, you can make more informed and rational decisions. Whether it's deciding to separate from a job that is causing you mental harm or choosing a partner that will help create a healthy connection, this step is crucial for avoiding wishful thinking and ensuring that your choices are based on a solid understanding of the situation.
4. **Pass Judgment:** Use the gathered facts to make an informed judgment. While it's commonly thought that judging is inherently wrong, it's actually about making decisions based on accurate information. Judging is not about condemning; it's about discernment. This means weighing the pros and cons, considering potential outcomes, and choosing the best course of action based on

the evidence available. It's an essential skill for navigating life's complexities and making choices that align with your values and goals.

5. **Leave Room for Error:** Always leave space for the possibility of error. Human beings are not infallible; we are prone to making mistakes. Acknowledge this by allowing for a margin of error in your judgments. Accepting that you may not always be right takes the pressure off needing to be perfect. It also fosters a mindset of continuous learning and adaptation, where mistakes are viewed as opportunities for growth rather than failures.
6. **Leave Room for Self-Correction:** Avoid making absolute statements. Always allow for the possibility that new information could change your perspective. This approach helps you stay open to growth and learning. By being flexible and willing to adjust your views, you can adapt to new circumstances and insights, ensuring that your decisions remain relevant and effective over time.
7. **Make the Decision, Take the risk:** Everything is a risk. Every decision and choice made contains some level of risk. Some decisions have high risk attached to them while others have low risk. But you take the risk by making the choice. By recognizing that risk is an inherent part of every decision, embracing it as a growth opportunity, and managing it strategically, you empower yourself to make choices with confidence and resilience. Taking risks is not about eliminating uncertainty but about navigating it with courage and adaptability, ultimately leading to greater personal and professional fulfillment.
8. **Follow Your Intuition:** Trust your inner guidance. Your intuition often knows what's best for you, even when your

logical mind is unsure. Intuition is a powerful tool that taps into your subconscious knowledge and experiences. It can provide valuable insights and gut feelings that logic alone may not reveal. Learning to listen to and trust your intuition can lead to more authentic and aligned decisions.

9. **Stand Your Ground:** Don't let others shake your confidence without good reason. Unless there is concrete evidence to prove otherwise, trust that your decisions are sound given the information available at the time. Also take into account that what might not have worked for, or in the favor of, one person may be the pot of gold at the end of the rainbow for another. So, you have to follow your own blueprint. Standing your ground means believing in your ability to make good choices and not being easily swayed by external opinions or pressures. It's about having confidence in yourself and the decisions you make, even in the face of uncertainty or opposition. Incorporating past learned life lessons into every situation may prove to help guide you along following your own blueprint as well.
10. **Surrender:** Accept that mistakes may happen. Perfection is an unrealistic expectation. Instead, focus on making the best decisions possible with the information at hand. Understand that this is a co-creative journey where not everything is within your control. Surrendering to the unpredictability of life allows you to let go of the need for control and embrace the flow of experiences. It's about being at peace with the outcomes, knowing you did your best with the knowledge and resources available.
11. **Choose to Look at the Positives:** According to the Law of Duality, every situation contains both positive and negative aspects. Focus on the positives to align your energy with

what you want to experience. By consciously choosing to see the good in every situation, you can maintain a positive mindset and attract more positive experiences into your life. This doesn't mean ignoring challenges but rather acknowledging them while also appreciating the opportunities for growth and learning they present.

12. **Enjoy the Process:** If you're not enjoying the journey, it might be a sign that you're not pursuing your highest path. Aim for choices that enhance your experience and bring you satisfaction. Experiencing emotions that you do not prefer to feel is often an indication that a change is needed before more significant consequences and undesirable situations arise. Experiencing preferred emotions signals that you are experiencing your highest timeline. So, look for the enjoyment. Enjoying the process is about finding fulfillment in the present moment, regardless of the outcome. It's about embracing the journey as much as the destination and making choices that resonate with your true self and passions.

By implementing these steps, you can make trustworthy decisions that align with your values, goals, and intuition. This approach not only helps you navigate life's challenges with confidence but also fosters a deeper sense of self-trust and empowerment. Remember, decision-making is an ongoing process of learning and growth, and each choice you make brings you closer to becoming the person you aspire to be and partake in experiences you prefer to have.

## Chapter 3 - Understanding Energetic Aspects of Fearing Failure and Making Mistakes

If you have done the healing work to heal the wounds of self-doubt and mistrust, but you still have those lingering feelings of fear surrounding making a mistake or failing, it is possible that it could be an energetic attack or at the very least you are experiencing the energy of someone else.

In our journey of self-discovery and growth, it's essential to recognize that challenges can arise not just from our internal fears and doubts but also from external sources. Energetic attacks are one such external force that can significantly impact our energy, well-being, and self-trust. We can find ourselves experiencing fears that are not feelings of our own, but that of a person we are closely connected to, and thus stagnation takes hold. This chapter will explore what energetic attacks are, how they manifest, and practical strategies to protect yourself from these negative influences.

### **What Are Energetic Attacks?**

Energetic attacks, also known as Spiritual attacks, refer to negative influences or energies that disrupt, harm, or drain

your spiritual, emotional, and mental well-being. These attacks can come from various sources, including negative thoughts, harmful intentions from others, or even unseen energetic entities. They can manifest as sudden feelings of fear, anxiety, doubt, confusion, or an overwhelming sense of negativity.

Energetic or Spiritual attacks are not always the result of direct malice; sometimes, they occur due to energetic imbalances or the absorption of negative energies from the environment or other people. Regardless of their origin, the impact can be profound, leading to a sense of being energetically drained, emotionally overwhelmed, or spiritually disconnected from your ability to have the confidence you need to make a decision or to take a necessary risk.

### **Recognizing Signs of an Energetic Attack**

Understanding the signs of an energetic attack is the first step in protecting yourself against it. Some common indicators include:

1. **Sudden Mood Swings:** Experiencing abrupt and unexplainable shifts in mood, such as going from feeling content to anxious or fearful without a clear reason.
2. **Negative Thought Patterns:** An increase in negative self-talk, feelings of worthlessness, or persistent doubts about your abilities and decisions.
3. **Physical Symptoms:** Unexplained fatigue, headaches, or a general sense of lethargy that doesn't seem to have a physical cause.
4. **Emotional Instability:** Feeling unusually sensitive, irritable, or emotionally reactive.
5. **Spiritual Disconnection:** A sudden loss of interest in



spiritual practices or a feeling of being disconnected from your spiritual path or beliefs, experienced as an inability to perform your normal spiritual practices or a lack of desire to.

6. **Interference with Personal Goals:** Obstacles or disruptions that seem to arise out of nowhere, hindering your progress toward your goals.

If you experience these symptoms, it's important to consider the possibility of an energetic or spiritual attack and take proactive steps to protect yourself.

## Chapter 4 – The Power of Your Belief Working For You

Aligning strategies for protecting oneself from unnecessary challenges and negative influences with personal beliefs enhances their effectiveness because it resonates with your core values and understanding of the world. When strategies are tailored to your personal beliefs—whether religious, spiritual, or secular—they become more relatable and easier to implement, as they align with your existing worldview and values. More scientifically speaking, your brain is so powerful that you can produce results just off believing, thanks to the placebo effect, neuroplasticity, and the power of positive thinking. Let's go deeper into the understanding of why your act of belief is so powerful before we cover the personally tailored techniques and strategies for protecting your energy.

### **Evidence for Why Belief Works**

Believing in Energy Protection Practices is important so that they are effective. This is why.

1. **The Placebo Effect:** The placebo effect demonstrates that believing in a practice's effectiveness can lead to real physiological and psychological benefits, even if the

practice itself lacks inherent power. When it comes to protecting your energy, simply believing that a certain ritual, technique, or mantra can shield you from negative influences can activate the brain's neural pathways. This belief can prompt the release of hormones like endorphins, which enhance mood, reduce stress, and foster a sense of well-being. Essentially, if you believe that a practice will protect your energy, your brain can manifest changes that align with this expectation, providing genuine protection and comfort.

2. **Neuroplasticity:** Neuroplasticity is the brain's capacity to reorganize itself by forming new neural connections throughout life. This adaptability means that your thoughts, beliefs, and practices can physically reshape the brain's structure and function. When you deeply believe in the efficacy of certain energy protection practices, this belief can reinforce neural pathways associated with calmness, resilience, and mental clarity. By consistently engaging in these practices, the brain adapts, strengthening the connections that support a protective mental and emotional state, thereby enhancing your ability to manage and safeguard your energy.
3. **Power of Positive Thinking:** The mental and emotional states fostered by positive thinking significantly affect outcomes. When you maintain a positive mindset regarding your ability to protect your energy, you are more likely to approach life with confidence and perseverance, effectively warding off negative influences. This optimistic perspective not only lowers stress levels but also increases motivation to engage in energy-protecting practices. By believing in the positive outcomes of these practices, you

create a cycle of positive reinforcement, where the success of your protective measures is amplified by your belief in their effectiveness.

Believing in the power of energy protection practices harnesses the brain's inherent abilities to shape your reality. The placebo effect shows how expectation can lead to real physiological changes, neuroplasticity demonstrates that our thoughts can physically rewire our brains, and the power of positive thinking emphasizes the significant impact of attitude on our energy and well-being. Together, these scientific principles illustrate the profound influence that belief and mindset have on protecting and nurturing your personal energy. When your strategies align with your core belief system, their effectiveness is magnified, making your protective practices more powerful and enduring. While we're in the neighborhood, let's discuss belief as it pertains to the fear of failure or the fear of making mistakes.

### **How Belief Applies to A Fear of Failure or of Making Mistakes**

Overcoming the fear of failure and making mistakes is closely linked to the power of belief and mindset, much like the principles outlined in energy protection practices. Here's how the concepts of the placebo effect, neuroplasticity, and the power of positive thinking can help in this regard:

#### **1. The Placebo Effect and Fear of Failure:**

The placebo effect illustrates that believing in a positive outcome can lead to real benefits, even if the method itself lacks direct efficacy. When it comes to overcoming the fear of failure, this principle suggests that believing in your ability to learn and grow from mistakes can significantly reduce anxiety and self-doubt. Just as the belief in an energy protection ritual can create

a sense of safety, believing that failure is a natural and valuable part of the learning process can diminish the fear associated with it. This belief can shift your focus from the fear of failure to the potential for growth and development.

## **2. Neuroplasticity and Changing Perspectives:**

Neuroplasticity, the brain's ability to rewire itself, plays a crucial role in transforming your response to failure. When you start believing that mistakes are opportunities for learning rather than threats to your self-worth, you can reshape neural pathways associated with fear and negativity. Over time, this new perspective strengthens, making you more resilient in the face of setbacks. By consistently practicing self-compassion and a growth mindset, you can train your brain to approach challenges with curiosity and a willingness to learn, rather than with fear and avoidance.

## **3. Power of Positive Thinking and Resilience:**

The power of positive thinking can greatly impact your resilience and ability to bounce back from mistakes. A positive mindset encourages you to see failures as temporary and specific rather than permanent and pervasive. This perspective reduces the emotional weight of mistakes, making them feel less catastrophic and more like manageable experiences. Believing in your capacity to overcome difficulties fosters confidence and persistence, essential traits for navigating the ups and downs of personal and professional life. As you develop a habit of positive thinking, you create a cycle of confidence and success, where each challenge overcome reinforces your belief in your ability to handle future challenges.

## **The Effects of an Application of Belief**

By applying these principles, you can gradually diminish the

fear of failure and the anxiety surrounding making mistakes. When you believe that failure is an integral part of growth, you unlock your potential to take risks and pursue opportunities without being paralyzed by fear. Your brain, through neuroplasticity, adapts to this belief, making you more adept at handling criticism and setbacks. Additionally, a positive outlook helps maintain motivation and reduces the stress associated with potential failures.

In essence, aligning your mindset with these scientifically backed principles not only protects your energy but also equips you to overcome the fear of failure and mistakes. By fostering a belief system that views challenges as learning opportunities, you empower yourself to face life's uncertainties with resilience and confidence. This holistic approach not only enhances your overall well-being but also enables you to thrive in the face of adversity, ultimately leading to personal and professional growth. Your brain will make true in your body whatever you believe in your mind.

That said, this alignment of core beliefs with practical strategies will be most effective and foster a deeper connection with and commitment to the practices, making them more likely to be consistently applied and integrated into daily life. For this reason, 3 different prescriptions for protecting your energy have been provided, based on your beliefs.

## Chapter 5 - Protecting Your Energy

Protecting yourself from challenges and negative influences is essential for maintaining your well-being and inner strength. In this chapter, this universal guide to a common universal experience of fear, offers tailored strategies to address your specific beliefs and perspectives, ensuring that you find the most relevant and effective methods for protecting your energy.

For those with religious beliefs, aligning strategies with faith-based principles strengthens the spiritual foundation and provides a sense of divine support. Practices that resonate with religious teachings can enhance feelings of comfort, protection, and purpose, as they draw from the individual's spiritual tradition.

For spiritually inclined but non-religious individuals, strategies that emphasize mindfulness, self-awareness, and personal energy management resonate because they are rooted in general spiritual practices without specific religious doctrine. These methods appeal to a sense of connectedness and inner harmony, allowing you to draw on their inner resources and intuition.

For those who do not subscribe to religious or spiritual philosophies, practical, self-reliant methods are most effective. These approaches focus on rational self-care and resilience, empowering you to handle challenges using mental and

emotional strategies. By providing tools that align with a neutral, self-empowerment perspective, these methods encourage a proactive and logical approach to maintaining well-being.

Addressing these three distinct perspectives, this guide aims to provide a comprehensive set of tools to help you protect and nurture yourself, regardless of your belief system. By offering strategies that align with each reader's personal beliefs, this guide ensures that you can find the most relevant and effective methods for your unique perspectives. This personalized approach increases the likelihood of success, as you are more likely to engage with and commit to practices that resonate with your values and beliefs. Ultimately, the alignment of strategies with personal beliefs enhances their effectiveness, providing a stronger foundation for protecting and nurturing your well-being. Now we will cover the techniques that can be used to help you protect your energy.

### **Strategies and Techniques to Protect Your Energy**

Discover the personalized strategies for protecting your energy that are most in alignment with your beliefs below:

#### **For The Religious Reader**

Protecting yourself from spiritual challenges involves a blend of mental, emotional, and faith-based practices. Here are some effective strategies grounded in traditional religious beliefs:

##### **Strengthen Your Spiritual Foundation:**

- **Prayer:** Regular prayer is vital for fortifying your spiritual connection and seeking divine protection. Focus on asking God for strength, guidance, and a shield of divine grace.



Pray for wisdom and discernment to recognize and resist negative influences.

- **Scripture and Affirmations:** Reflect on and recite scriptures or religious affirmations that reinforce your faith and inner strength. For instance, “The Lord is my refuge and my fortress” or “I place my trust in God’s protection and guidance.”

### **Set Spiritual Boundaries:**

- **Visualize Divine Protection:** Envision a protective aura of divine light surrounding you, which acts as a barrier against negative energies. Pray for God’s protection to fortify this shield, keeping you safe from harmful influences.
- **Avoid Negative Influences:** Be mindful of the people and situations you engage with. If you find that certain individuals or environments consistently bring negativity into your life, it is permissible to distance yourself or establish firm boundaries. This helps you maintain a positive and spiritually aligned state.

### **Cleanse Your Spirit:**

- **Holy Rituals:** Use traditional religious practices such as blessings or sacred water to purify your space and spirit. Participate in rituals that align with your faith to cleanse your environment and yourself of any unwanted spiritual influences.
- **Sacred Acts:** Engage in acts of devotion, such as attending religious services, fasting, or performing acts of charity. These practices can help clear away negativity and restore

spiritual balance.

### **Grounding Techniques:**

- **Nature Connection:** Spend time in nature to reconnect with God's creation. Walking outside, especially in places of natural beauty, can help you ground your spirit and release any accumulated negative energy.
- **Mindful Breathing:** Practice deep, mindful breathing as a way to center yourself and renew your focus. With each breath, ask for God's peace and strength to fill you, and release any feelings of negativity or distress.

### **Seek Support and Guidance:**

- **Spiritual Counselors:** If you feel overwhelmed by spiritual challenges, seek guidance from a trusted spiritual advisor, pastor, or religious counselor. They can offer insights and support grounded in your faith tradition.
- **Community Support:** Surround yourself with a supportive community of fellow believers who can offer encouragement, prayer, and positive spiritual energy. Engaging with a faith-based community can provide strength and comfort during difficult times.

### **For The Spiritual, Non-Religious, Reader Strengthen Your Spiritual Foundation:**

- **Meditation and Prayer:** Regular meditation or prayer helps

to strengthen your spiritual connection and create a protective energy field around you. Focus on grounding yourself and connecting with a higher power or source of positive energy.

- **Reprogramming Statements and Mantras:** Use reprogramming statements and mantras to program your subconscious and reinforce your self-worth and resilience. For example, “I am protected by divine light” or “I trust in my inner strength and guidance.”

### **Set Energetic Boundaries:**

- **Visualize a Protective Shield:** Imagine a bubble or shield of white or golden light surrounding you, acting as a barrier against negative energies. Visualize this shield growing stronger with each breath, repelling any harmful influences.
- **Say No to Negative Influences:** Be mindful of the people and environments you engage with. If someone or something consistently brings negative energy into your life, it’s okay to distance yourself or set firm boundaries. Doing so allows you to operate in your own energy without the resistance and stagnation that may accompany others’ energies.

### **Cleanse Your Energy:**

- **Smudging and Clearing Rituals:** Use sage, palo santo, or other cleansing herbs to purify your space and energy field. Light the herb and allow the smoke to waft around you, visualizing it removing negative energy.
- **Salt Baths:** Taking a bath with sea salt or Epsom salts can help to cleanse your aura and remove any lingering negative

energies. As you soak, visualize the water washing away any negativity.

### **Grounding Techniques:**

- **Nature Connection:** Spend time in nature, walking barefoot on the earth or sitting under a tree. This practice helps to ground your energy and release any accumulated negativity.
- **Breathing Exercises:** Deep, intentional breathing can help to center and ground your energy. Focus on your breath, inhaling positive energy and exhaling any negativity.

### **Seek Support and Guidance:**

- **Spiritual Advisors:** If you feel overwhelmed by energetic or spiritual attacks, consider seeking guidance from a trusted spiritual advisor, counselor, or healer. They can provide insights and tools to help you navigate these challenges.
- **Community Support:** Surround yourself with a supportive community of like-minded individuals who can offer encouragement and positive energy.

### **For All Other Readers**

Protecting yourself from challenges involves a blend of mental, emotional, and practical strategies rooted in self-reliance. Here are some effective approaches:

#### **Strengthen Your Personal Foundation:**

- **Mindfulness and Reflection:** Regular mindfulness or reflection

tive practices help you strengthen your personal resilience and create a stable mental space. Focus on grounding yourself and understanding your own thoughts and emotions.

- **Positive Self-Talk and Affirmations:** Use affirmations and self-reinforcing statements to build your self-worth and inner strength. For example, “I am capable and strong” or “I trust in my ability to handle challenges.”

### **Set Personal Boundaries:**

- **Visualize Personal Space:** Imagine a protective barrier around you, acting as a shield against negative influences. Visualize this barrier becoming stronger with each breath, keeping harmful elements at bay.
- **Limit Exposure to Negativity:** Be mindful of the people and environments you engage with. If certain individuals or situations consistently bring negativity into your life, it’s okay to set boundaries or distance yourself. This allows you to maintain your own mental and emotional stability.

### **Clear Negative Influences:**

- **Environment Maintenance:** Regularly assess and adjust your environment to ensure it supports your well-being. This might involve cleaning your space or rearranging it to create a more positive atmosphere.
- **Self-Care Practices:** Engage in activities that support your mental and emotional health, such as exercise, relaxation techniques, or hobbies. These practices help to refresh your mind and remove any lingering negativity.

## **Grounding Techniques:**

- **Nature Connection:** Spend time outdoors to reconnect with your environment and release any accumulated stress. Activities like walking or sitting in natural settings can help ground your energy and restore your sense of balance.
- **Breathing Exercises:** Practice deep breathing to center yourself and manage stress. Focus on your breath, inhaling calmness and exhaling any negativity.

## **Seek Support and Guidance:**

- **Professional Help:** If you feel overwhelmed by personal challenges, consider seeking guidance from a professional counselor or therapist. They can provide practical tools and strategies to help you navigate difficulties.
- **Support Network:** Surround yourself with a network of supportive friends, family, or colleagues who can offer encouragement and practical advice. Engaging with a positive support system can provide strength and assistance during tough times.

## **Reclaiming Your Power for All Readers**

One of the most important aspects of defending against energetic attacks is reclaiming your power. Remember that you are a sovereign being with the ability to control your own energy and space. Here are some ways to reclaim your power:

1. **Affirm Your Sovereignty:** Regularly affirm your right to

your own energy and space. Say out loud, “I reclaim my power and protect my energy from any harmful influences.”

2. **Release Fear:** Fear is often the entry point for energetic or spiritual attacks, or confusion. By confronting and releasing your fears, you close the door to negative energies. Use techniques like journaling, therapy, or energy work to process and release fear.
3. **Embrace Your Inner Strength:** Focus on building your inner strength and resilience. Engage in activities that empower you, such as creative pursuits, physical exercise, or learning new skills.
4. **Stay Aligned with Your Higher Self:** Continuously align with your higher self by getting to know your own personal blueprint which is revealed to you through what you naturally desire. When you are in alignment with your true self, it becomes easier to repel negative energies and stay focused on your path.

Understanding and defending against energetic attacks is a crucial aspect of maintaining your well-being and self-trust. By recognizing the signs, setting boundaries, cleansing your energy, and reclaiming your power, you can protect yourself from negative influences and continue your journey with confidence.

Remember, energetic attacks are challenges that everyone may face at some point. They are opportunities to strengthen your spiritual foundation and deepen your understanding of your own energy. With the right tools and mindset, you can navigate these challenges and emerge stronger, more resilient, and more connected to your true self.

## Chapter 6 - Reprogram Your Mind

To reinforce your journey of self-trust and cultivate a healthier relationship with decision-making, incorporate these reprogramming statements into your daily practice:

### Reprogramming Statements

- **“I am allowed to make mistakes; it’s a part of my DNA and a small part of this life experience.”**
- Embrace the fact that mistakes are an integral part of the human experience. They are opportunities for growth and learning, not indications of personal failure.
- **“Failure is a common experience, not a unique defect.”**
- Remind yourself that everyone encounters failure at some point. It’s a shared experience, not a sign of inadequacy. This perspective helps reduce the stigma and fear associated with failing.
- **“I trust my ability to make decisions that align with my highest good.”**
- Reinforce your confidence in your decision-making process. Trust that you are capable of making choices that are in your best interest and aligned with your values and goals.



- **“Each experience shows me if I want more of it or if I would prefer to experience something else.”**
- Recognize that every experience provides valuable feedback. Use these insights to guide future choices, refining your path based on what resonates with you.
- **“I am worthy of success and happiness, regardless of past mistakes or setbacks.”**
- Affirm your inherent worthiness of positive outcomes and joy. Past errors do not diminish your right to pursue and attain what you desire.
- **“My intuition guides me towards decisions that support my growth and well-being.”**
- Trust in your inner guidance system. Your intuition often provides valuable insights that can help you make decisions that enhance your personal development and happiness.
- **“I release the need for perfection and embrace progress and self-improvement.”**
- Let go of the unrealistic expectation of perfection. Focus instead on making progress and improving yourself with each experience and decision.
- **“I am capable of learning from every outcome, whether it meets my expectations or not.”**
- Embrace every outcome as a learning opportunity. Each result, regardless of whether it meets your expectations, offers lessons that contribute to your personal growth.
- **“I am resilient and can handle whatever challenges come my way with grace and courage.”**
- Reinforce your sense of resilience. Trust in your ability to face challenges with composure and bravery, knowing that you have the strength to overcome obstacles.
- **“I celebrate my efforts and progress, acknowledging that**

**every step forward is a victory.”**

- Recognize and celebrate your achievements, no matter how small. Each step forward is a testament to your commitment and progress, deserving of acknowledgment and celebration.

By regularly affirming these statements, you can gradually shift your mindset towards one of self-compassion and confidence, reinforcing your ability to make decisions with trust and clarity.

## Conclusion

Recovering from fear and regaining self-trust is a process that requires patience and practice. By acknowledging your past disappointments, forgiving yourself, and embracing the possibility of error, you create a foundation for making confident decisions. Remember, the goal is not perfection but progress and self-acceptance. With these tools, you can move forward with a renewed sense of confidence and trust in your ability to navigate life's challenges.

As you continue on this journey, keep in mind that self-trust is built over time through consistent efforts and self-reflection. Each step you take towards understanding and accepting your imperfections brings you closer to a more resilient and empowered version of yourself. The path may not always be smooth, but with each experience, you gain valuable insights and strengthen your ability to make decisions that align with your true self.

Embrace the process with an open heart and a willingness to learn. Recognize that setbacks are not failures but opportunities to grow and refine your approach. By maintaining a positive perspective and focusing on your progress, you can transform your relationship with fear and decision-making.

Ultimately, the journey of self-trust is about finding the balance between confidence and humility. It's about acknowledg-

ing your strengths and areas for improvement while celebrating your achievements along the way. With these practices in place, you are well-equipped to face life's challenges with greater assurance and grace.

As you move forward, trust in your ability to navigate the complexities of life with clarity and purpose. Embrace each decision as a step towards your growth and self-discovery, and know that you have the tools to create a fulfilling and authentic life.