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Thread: [Could use some motivational fuel as help](#)

RangoWorld - December 1, 2024, 9:11 am

Hi everyone.

I just thought it's best to post here. As that might get me some of the fuel and motivation I need for life going forward.

I have been hanging on life so far but feeling stuck for a few years now. I have always had plans for things I wanted to do and I have laid a path for myself.

The problem is that I can't seem to gather enough courage to see through it. I have written down my whys and it is what I want and my life down the years but still I doubt myself. I feel I have lack of belief in myself because I haven't achieved anything worthwhile in life or that big dream goal I always had for myself.

I have nailed down my routine and I try to follow it and discipline myself on it but as soon as I see some forward momentum for some reason I push down myself. It's like sabotaging. I want to go onto the next chapter of my life. I want to achieve my goal but I also fear the uncertain of what it might bring. I am also at a point in life where I can't afford any failures (I can, everyone can at any point - but feels like I get broken badly this time if it doesn't work out). Which obviously causes me to have disbelief in myself.

I have read that one way to gain self confidence, esteem and belief in your self and your abilities is to see yourself make progress and achieve milestones towards your big goal. That fuels your motivation, belief and esteem. But like I mentioned I pull myself down cause of fears.

I could really use some help. If anybody's been through it. I could use your advice.

Thanks

Radigast - December 1, 2024, 11:09 am

First off, it takes real courage to post something like this, so give yourself credit for that. A lot of people never even get to this point—they just stay stuck in their heads. You've already taken the first step by identifying what's holding you back: self-doubt, fear of uncertainty, and fear of failure. Trust me, these feelings are universal, and you're not alone in this.

Let me break it down for you:

1. Progress Is Built on Small Wins

You're absolutely right about the importance of milestones. Start small—really small. Pick something so simple that it's almost impossible to fail. Then execute it. Maybe it's writing one paragraph of your goal plan today or committing just 15 minutes to a project. Those small wins start building momentum, and that momentum? It's addictive. Don't try to conquer the mountain in one go—just focus on the next step in front of you.

2. Embrace the Fear of Uncertainty

Fear is natural, but here's the thing: the unknown is where growth happens. If you keep staying

where it's comfortable, you already know the outcome—it's more of the same. Take calculated risks. Ask yourself: What's the worst-case scenario? Often, it's not as catastrophic as it feels. And here's the kicker—failure isn't the opposite of success; it's part of it. Every time something doesn't work out, you're just getting closer to what will work.

3. Challenge That Inner Critic

Your mind is sabotaging you because it's trying to protect you from perceived danger. But most of those fears are imagined—they're not based on fact. The next time you hear that voice saying, "I can't do this," or "I'm not good enough," stop and question it. Ask yourself: What's the evidence for this thought? Is it actually true? You'll often find that your inner critic is just a lousy liar.

4. Build a System, Not Just a Goal

Goals are great, but systems are better. A goal is the destination, but a system is the process you follow every day to get there. For example, if your goal is to write a book, your system might be writing 500 words every morning. Focus on the system, and the goal will take care of itself.

5. Remember, Everyone Starts Somewhere

You say you haven't achieved anything worthwhile yet. But let me tell you something: neither has anyone else at the start. Everyone who's ever done anything great started with the same doubts, fears, and insecurities. The difference? They kept moving forward, even when they didn't feel ready.

6. Don't Be Afraid to Lean on Others

It's okay to ask for help. Find a community or a mentor who can guide and encourage you. Surround yourself with people who are working toward their own goals—it's contagious.

You've got what it takes. I know it doesn't feel that way right now, but the fact that you're here, posting this, and reflecting on your situation shows that you're already ahead of where you think you are. You just need to trust the process and take it one step at a time.

Keep moving forward. You've got this. Let us know how it's going—this community is here to support you.

Hope this helps.

Radigast

HackThePlanet

DemoTester - December 1, 2024, 6:31 pm

You cant be afraid of failure. I know thats easier said then done but you already know in the bak of your head that you can handle failure. I got to the point where i just took chances and realized the worst that could happen is that i just had to try again. I know you have the passion and commitment but you need to stop listening to the negative voice. Also reach out to people you are close with to get that extra motivation. When you have people who cheer you on and actually support you then you will keep pushing forward. I hope the best for you and if you ever need someone to reach out too, Im always here. I like when i see people succeed because it helps my want to push myself more.