



Emotional Contingency *Planner*

The Ultimate Guide to Conquering
Fear of Failure

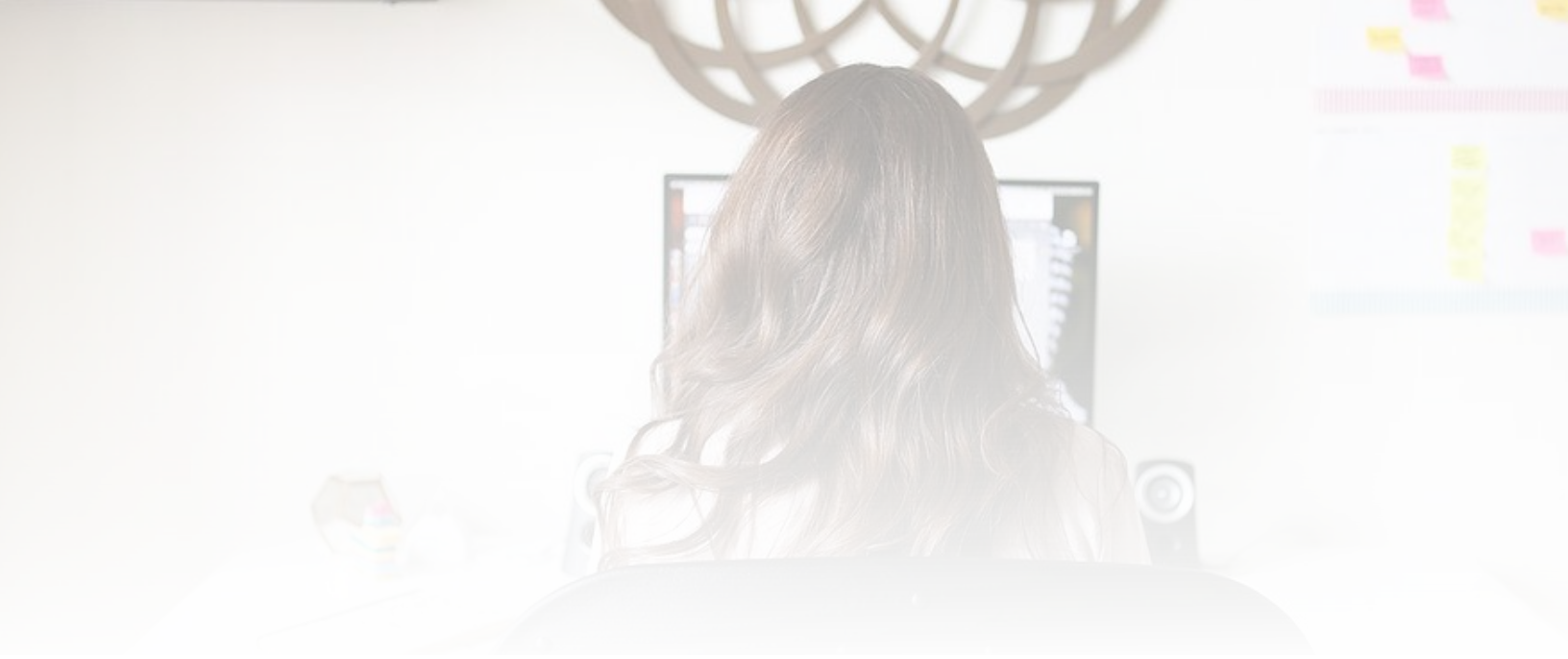
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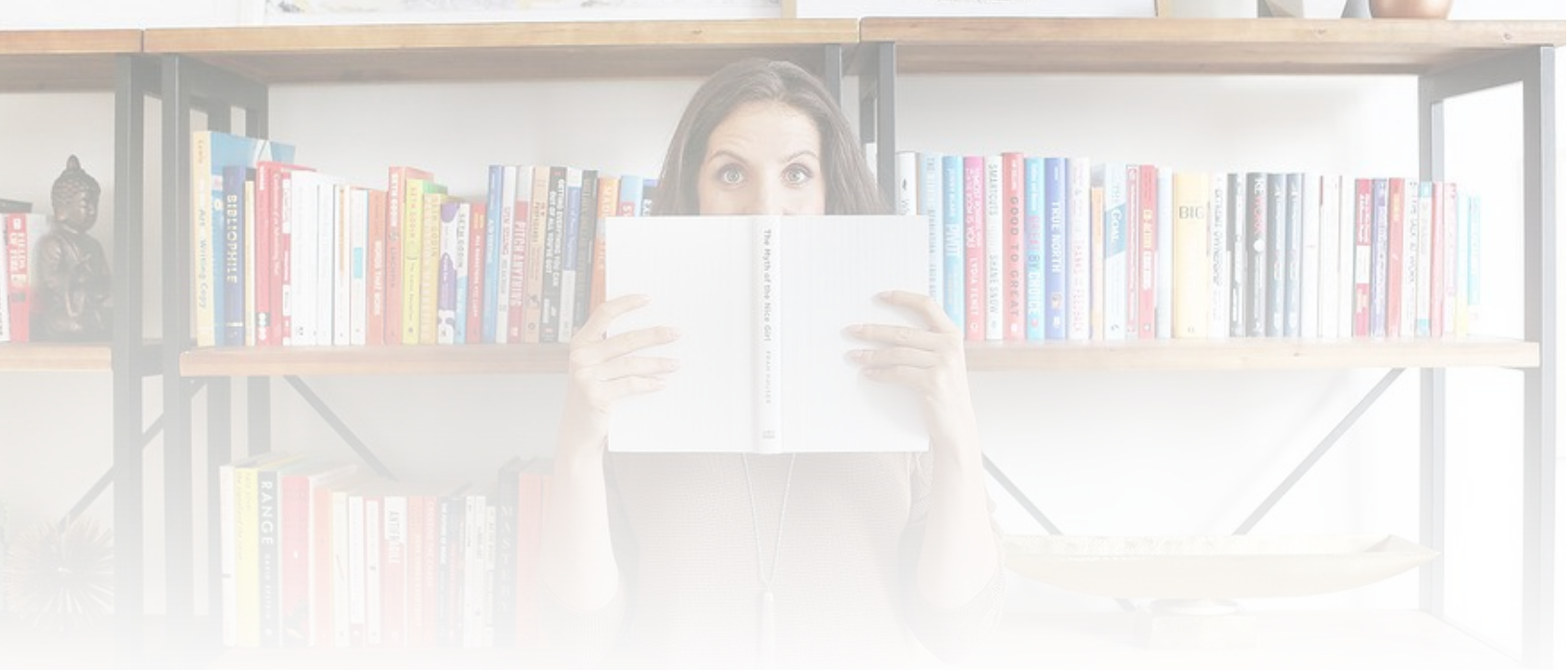
Overachievers Try to Avoid Failure at All Costs

But this strategy isn't realistic.

It's inevitable that you'll face inner obstacles like fear, worry, and doubt on your path to do anything that matters to you. Instead of letting those thoughts and emotions throw you off course, you can embrace reality and figure out how to work with those reactions instead of against them.

We can't always control the outcomes of our efforts, but we can better prepare ourselves for the possibility of failure and get better at dealing with it. You can build resilience so you can keep striving even in the face of setbacks.

To do so, you need to make sure you know what you'll do if something doesn't go as planned because life never goes as planned, no matter how hard we try to plan "perfectly".



Enter: The Emotional Contingency Plan

Put simply, your emotional contingency plan helps you replace automatic, unhelpful reactions with more positive ones.

This Emotional Contingency Plan is adapted from “WOOP” (WISH OUTCOME OBSTACLE PLAN), a scientifically validated technique based on research by professors Gabrielle Oettingen & Peter Gollwitzer at NYU.

It leverages a psychological principle known as “mental contrasting” which involves imagining yourself completing a goal and -- most importantly -- brainstorming a plan to deal with inner obstacles that may get in your way.

Ready to get started?

In the following pages, I'll walk you through how to create your own emotional contingency plan step-by-step. There will be space on each page to write your response. Then you can use the worksheet on page 10 to bring everything together.



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*Success is the ability to go from failure to failure
without losing your enthusiasm.*

WINSTON CHURCHILL



WRITE DOWN YOUR WISH

Think about the next 4 weeks. What is your top priority? Describe it in 4-6 words. Pick a goal that feels challenging but that you can reasonably accomplish in the next month. This time bounding is important to make your goal realistic and to limit procrastination and avoidance. The more specific you can be, the easier it will be to take action!

Example: *I want to get a raise.*



IMAGINE THE OUTCOME

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In other words, it works out exactly as you want it to. Use positive visualization: you reach your goal. What does that moment look like? How do you feel? What are you thinking? Write down as much detail as you can.

Example: I'm speaking confidently to my boss about the value I bring the company. I feel prepared, secure, and in the zone. I state my desired salary. My boss agrees to the raise without hesitation. I walk out of the room feeling joy, like I'm on top of the world.



IDENTIFY INNER OBSTACLES

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What obstacles must you overcome to achieve your goal? What within you might hold you? It may be an emotion, an irrational belief, or a bad habit. Focus on what's in your control to change.

Example: I get nervous talking about money. I worry that I will fumble when I tell my boss how big of a raise I want. I don't think my accomplishments add value to the company – who am I to think I deserve a promotion?



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PLAN AHEAD

It's time to put contingencies in place. For each inner obstacle you identified, create your if/then plan. Consider: will you choose a healthier behavior? Take a positive action? Think a more helpful thought

Example: *If I start doubting my accomplishments, then I'll talk to a colleague to get their perspective on how I contributed to a project. If I get nervous while talking to my boss, then I'll take a deep breath to regain composure and pause to look at my notes.*

Create Your Emotional Contingency Plan

<p>WRITE DOWN YOUR WISH</p> <p>Think about the next 4 weeks. What is your top priority? Describe it in 4-6 words. Pick a goal that feels challenging but that you can reasonably accomplish in the next month. This time bounding is important to make your goal realistic and to limit procrastination and avoidance. The more specific you can be, the easier it will be to take action!</p> <p><i>Example: I want to get a raise.</i></p>	
<p>IMAGINE THE OUTCOME</p> <p>In other words, it works out exactly as you want it to. Use positive visualization: you reach your goal. What does that moment look like? How do you feel? What are you thinking? Write down as much detail as you can.</p> <p><i>Example: I'm speaking confidently to my boss about the value I bring the company. I feel prepared, secure, and totally in the zone. I state my desired salary. My boss agrees to the raise without hesitation. I walk out of the room feeling absolute joy, like I'm on top of the world.</i></p>	
<p>IDENTIFY INNER OBSTACLES</p> <p>What obstacles will you have to overcome to achieve your goal? What within you might hold you back from fulfilling your goal? It might be an emotion, an irrational belief, or a bad habit. Without judgement, freely write down your concerns and fears. This question is not about external obstacles that you have no control over. It's about identifying what's within your power to change.</p> <p><i>Example: I get nervous talking about money. I worry I'll fumble my words when I tell my boss how big of a raise I want. I don't think my accomplishments add value to the company – who am I to think I deserve a promotion?</i></p>	
<p>PLAN AHEAD</p> <p>Now it's time to put contingencies in place. These are called "implementation intentions". For each inner obstacle you identified, create your if/then plan.</p> <p>If an inner obstacle occurs, then I will: ...choose a healthier behavior ...take a positive action ...think a more helpful thought</p> <p>Examples:</p> <p><i>"If I start doubting my accomplishments, then I'll talk to a colleague to get their perspective on how I contributed to a project..."</i></p> <p><i>"If I get nervous while talking to my boss, then I'll take a deep breath to regain composure and pause to look at my notes."</i></p>	<p>If... Then...</p> <p>If... Then...</p> <p>If... Then...</p>





Putting it Together

Now check your plan. Make sure your emotional contingency plan meets these two criteria.

Did you:

1. Brainstorm obstacles that might get in the way of you achieving something?
2. Create a plan for what you'll do if each of those obstacles arise?

Thinking through the process in this way is a way of “pre-deciding” what to do. So when the inevitable obstacle arises, you don't have to think twice before executing your plan.

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*There is no such thing as failure.
Failure is just life trying to move us
in another direction.*

OPRAH



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This guide was born out of a need I heard from the thousands of smart, ambitious overachievers in my audience and from hundreds of my coaching clients.

I believe the questions in this guide will help conquer a fear of failure and finally make progress on your big goals.

But to get the life-changing stuff, you've got to join us in the Facebook Group!

You've already taken the first step, so why not join a community of ambitious, likeminded high achievers who can also help you reach your potential?

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