**7 Fear-Free Habits of the Super Successful**

Super successful people all share a common trait. They know how to handle fear. They develop the mental toughness to control and overcome their fears rather than be controlled by them.

As a result, successful people and effective leaders practice a number of fear-free habits that enable them to soar to greatness and never allow fear to hold them back. Here are 7 of these powerful habits.

1. **They embrace change**

While many people fear change because they feel safer with where they are and what they know, successful people embrace change and are excited by it. Sometimes, they actively seek it because they know it can mean new and better opportunities for success.

They're wise enough to know that change is inevitable and that nothing stays the same. So, rather than fear it, they're ready to welcome it when it comes. They look for the positives rather than the negatives that change can bring.

1. **They make timely decisions**

For many of us, decision-making is a dreaded task because it sometimes involves taking risks. Superachievers understand that in many cases, a quick decision can mean capitalizing on a once-in-a-lifetime opportunity or mitigating losses in a crisis situation.

They aren't afraid to take risks because they plan for them. They work with the information they have to plan for the best possible outcome and assess potential risks. Then they prepare a robust risk management plan to cover their backs.

Over time, super-achiever master decision-making and always work fast to make the best possible one based on what they have. That's why they make great leaders.

1. **They hold fast to their values**

Highly successful people usually got where they are by holding on to their values and beliefs. They're not afraid of being controversial or being ridiculed. They stand up for their convictions and never sell themselves out.

Actually, they'd rather be criticized or ridiculed, successful people become highly respected for their integrity and strong values. Again, that's why they make great leaders.

1. **They're not afraid to express emotions**

Expressing emotions is a biggie for many people because it's related to many fears. Expressing emotions may appear weak or put you at risk of being rejected or made fun of. It's also related to trust issues.

Successful people never struggle with these fears. They find it easy to express their emotions freely and honestly, and are rewarded with amazing relationships that give them support along their journey to success.

1. **They're not afraid of criticism**

Criticism, usually puts us on the defensive but successful people are wise and humble enough to welcome it. They understand that they don't know - and can never know everything. They know that honest criticism can help them address their flaws or help them avoid mistakes.

This is why they don’t only accept criticism and feedback but actively seek it out. For others, the fear of being criticized can lead to mistakes and derailments that that could've been avoided.

1. **They love responsibility**

Many people fear responsibility because it means more work, commitments they’re not ready to make or more opportunities for risk and failure. Successful people love responsibility because they love to work, keep their commitments and don't consider failure an option.

For them, responsibility goes hand in hand with success. Taking responsibility means owning up to mistakes, never blaming others and never breaking promises. They do this with ease and confidence and earn the respect and trust of everyone around them.

1. **They confront their fears**

Unlike many people, high achievers aren't afraid to face their fears and beat them down! They reflect on the cause of their fear and what triggers it, then put it into perspective.

They monitor their thought process closely and learn to quell fears when they arise. Over time, they become truly fear-less!

**Conclusion**

Amazing success doesn’t require an innate talent or a complicated skillset. It's simply a matter of developing these 7 habits of success and learning to face and take control of your fears.

These 7 powerful habits will help you develop the mindset that all super successful people enjoy. It's the mindset of resilience, purpose, determination, passion and courage – and fear has no place in it!