**Are you Afraid of Success? 5 Habits That Are Limiting You**

If someone were to ask you if you're afraid of succeeding, you'd think they were bonkers. It’s a given that everyone strives for success. We all want to be our best at whatever it is we do in our lives. But subconsciously, you could be sabotaging your chances of success.

Here are 6 success-sapping habits that can limit you in every area of your life, personal, professional and social. And it may come as a surprise to you they’re all based in fear.

1. **Avoiding risk**

How many times have you chosen the safer option of staying where you are rather than making a big decision or seizing a great opportunity? The fear of taking risks can be so strong that some people spend their whole lives stuck in place rather than end a destructive relationship or ditch a miserable job.

Being courageous enough to take risks could bring about some truly changing opportunities. And oftentimes, our fear is overblown. The perceived risks may not be as terrible as we really perceive or even not very likely.

Follow the example of high achievers by carefully assessing potential risks and planning for them. A high achiever recognizes that there's an element of risk in almost everything but rather than avoid taking risks, they factor them into their plans so that they’re mentally prepared and ready to tackle them in case they come up.

1. **Overthinking**

Overthinking is related to uncertainly, the fear of risk and the fear of failure. But sometimes, failing to take timely action or make a bold decision not only holds you back, but could derail your life.

Think back on all of the times when you delayed acting because you had to think and rethink every minute detail and analyze each possible outcomes.

We've all suffered the consequences of overthinking and many of us have regretted our hesitation. Additionally, overthinking can become an obsession that wastes huge amounts of time, directly impacting your productivity.

This is why great decision-making skills are a key leadership trait that all successful people enjoy. You can join the club by catching yourself overthinking, work with the information you have and set a deadline for taking action!

1. **Procrastination**

This is a habit linked to the fear of responsibility or the fear of failing. Again, this is a big success buster on every level. The result could be poor work turned in late, broken commitments and the loss of purpose and motivation. Needless to say, being known as a chronic procrastinator is not going to get you very far in life as well.

The word 'procrastination doesn't exist in the vocabulary of someone who has purpose and drive. Their mantra is 'timely, decisive action'.

1. **Not setting goals**

Oftentimes, we postpone setting goals because we're in jobs we don’t like or life situations that take us off track. We tell ourselves that we’ll set goals when our circumstances change. This is a hugely limiting belief.

Setting long-term or life goals gives you purpose and resilience. It fires up your purpose and drive. Even if you can't take steps to pursue these goals from where you currently are, keeping them top of mind will motivate you to change what you need to and get to where you're supposed to be.

1. **Not being curious**

Curiosity is essential for helping you think out of the box and find creative solutions to problems and crises. The lack of curiosity may be related to our fear of change and uncertainty. Doing things over and over in the same way makes us feel safe.

Foster your curiosity by regularly trying new things. You'll find that change can actually be more beneficial for you and open new doors to success.

**Conclusion**

So, are you afraid of success? Perhaps you are after all if you're engaging in one or more of these habits. Knowing that these habits actually stem from fear is a huge eye-opener.

Bu simply becoming aware of them and of your thought process, you can gradually begin to break them – all it takes is practice! Start removing the roadblocks to your success and personal greatness today by overcoming your fear!