Fear of failure is a mental virus that stops us from taking risks and trying things in life. It tells you a scary story. It says you are not good enough, and things will turn out terribly bad.

The result of living under fear is either that you don’t live the life you want to live. It stops you from manifesting your goals and dreams; it prevents you from performing at 100% of your capacity. It makes you procrastinate and avoid taking action; or it subtly makes you unconsciously sabotage your own actions.

If you are in any of these categories, fear of failure may be particularly limiting for you:

- entrepreneur
- athlete
- career driven
- artist
- writer
- student

These fear of failure quotes are here to inspire you to take action in spite of the fear.

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Fear of Failure Quotes

Fear is the abyss between failure and success. – Alexander Zalan

Failures are finger posts on the road to achievement. – C.S. Lewis

Don’t fear failure. Not failure, but low aim, is the crime. In great attempts it is glorious even to fail. – Bruce Lee

The only real failure in life is not to be true to what one knows best. – Buddha

No human ever became interesting by not failing. The more you fail and recover and improve, the better you are as a person. Ever meet someone who’s always had everything work out for them with zero struggle? They usually have the depth of a puddle or they don’t exist. – Chris Hardwick

Success is most often achieved by those who don’t know that failure is inevitable. – Coco Chanel

Our greatest glory is not in never falling, but in rising every time we fall. – Confucius

Our greatest fear should not be of failure, but of succeeding at something that doesn’t really matter. – D.L. Moody

Act as if it were impossible to fail. – Dorothea Brande

What is failure to a person who is not afraid to learn from it and try again? – Edmond Mbiaka

“Bringing Meditation and Personal Growth to one million people” (Live and Dare mission)
There is no failure except in no longer trying. – Elbert Hubbard

When you take risks you learn that there will be times when you succeed and there will be times when you fail, and both are equally important. – Ellen DeGeneres

When we give ourselves permission to fail, at the same time, we give ourselves permission to excel. – Eloise Ristad

Fear of failure is a ticket to mediocrity. If you’re not failing from time to time, you’re not pushing yourself. And if you’re not pushing yourself, you’re coasting.” – Eric Zorn

We shouldn’t be fearful of failure because it is not a monster as we think it is. It’s just a training ground for those who are really striving for excellence in life. – Euginia Herlihy

When I was young, I observed that nine out of ten things I did were failures. So I did ten times more work. – George Bernard Shaw

Defeat is not the worst of failures. Not to have tried is the true failure. – George Edward Woodberry

There is a time to take counsel of your fears and there is a time to never listen to any fear. – George S. Pat

A man’s life is interesting primarily when he has failed. I well know for it is a sign that he tried to surpass himself. – Georges Clemenceau

I arise to face my failures every morning, but I never fail to face them. – Gino Norris
Don’t face the fear, and you’ll be its slave. Face the fear, and now you are its master. The death of fear is then certain. – Giovanni Dienstmann

Let the fear of failure be the background noise of your success. – Giovanni Dienstmann

There is no disgrace in honest failure. There is disgrace in fearing to fail. – Henry Ford

Failure is simply the opportunity to begin again, this time more intelligently. – Henry Ford

One who fears failure limits his activities. – Henry Ford

The only real mistake is the one from which we learn nothing. – Henry Ford

Kill the fears before they endorse your failures. When you attempt to stop the terrorist at the time he’s at work, you are too late! – Israelmore Ayivor

Everything you want is on the other side of fear. – Jack Canfield

Failure seldom stops you. What stops you is the fear of failure. – Jack Lemmon

To live a creative life we must first lose the fear of being wrong. – Joseph Chilton Pearce

Pain is temporary. Quitting lasts forever. – Lance Armstrong

Failure is the foundation of success, and the means by which it is achieved. – Lao Tzu
The men who try to do something and fail are infinitely better than those who try to do nothing and succeed. – Lloyd Jones

If you are afraid to fail, your successes will be few, common, and unmemorable. – Lorii Myers

Don’t fear failure so much that you refuse to try new things. The saddest summary of a life contains three descriptions: could have, might have, and should have. – Louis E. Boone

Failure is success if we learn from it. – Malcolm S. Forbes

The impediment to action advances action. What stands in the way becomes the way. – Marcus Aurelius

I’ve missed more than 9000 shots in my career. I’ve lost almost 300 games. 26 times, I’ve been trusted to take the game winning shot and missed. I’ve failed over and over and over again in my life. And that is why I succeed. – Michael Jordan

Be consciously at peace with your efforts, no matter if they end in success or not. Being at peace with your failures – this the stepping stone to eventual success. – Michael Sage

You always pass failure on your way to success. – Mickey Rooney

To take risk and fail is not a failure. Real failure is to fear taking any risk. – Mohammed bin Rashid Al Maktoum

Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit. – Napoleon Hill
Failure is nature’s plan to prepare you for great responsibilities. – Napoleon Hill

Most great people have attained their greatest success just one step beyond their greatest failure. – Napoleon Hill

Failure will never overtake me if my determination to succeed is strong enough. – Og Mandino

Either you have dreams big enough to overcome your fears or you have fears big enough to overcome your dreams. – Orrin Woodward

Remember your dreams and fight for them. You must know what you want from life. There is just one thing that makes your dream become impossible: the fear of failure. – Paulo Coelho

It is foolish to fear what you cannot avoid. – Publius Syrus

The greatest glory in living lies not in never falling, but in rising every time we fall. – Ralph Waldo Emerson

The brave man is not the one without fear but the one who does what he must despite being afraid. To succeed, you must be willing to risk total failure. – Raymond E. Feist

Only those who dare to fail greatly can ever achieve greatly. – Robert F. Kennedy

Failure doesn’t mean you are a failure; it just means you haven’t succeeded yet. – Robert H. Schuller

Fear kills more dreams than failure ever will. – Suzy Kassem
Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure, than to rank with those poor spirits who neither enjoy nor suffer much, because they live in a gray twilight that knows not victory nor defeat. – Theodore Roosevelt

Half of the failures in life come from pulling one’s horse when he is leaping. – Thomas Hood

Confidence is what we get when we take fear, face it and replace it. – Tim Fargo

Take risks: if you win, you will be happy; if you lose, you will be wise. – Unknown

You cannot swim for new horizons until you have courage to lose sight of the shore. – William Faulkner

Success is not final, failure is not fatal. It is the courage to continue that counts. – Winston Churchill

Fear leads to anger. Anger leads to hate. Hate leads to suffering. – Yoda

Success is stumbling from failure to failure with no loss of enthusiasm. – Winston Churchill
Final thoughts

Here is a summary of the core points in these quotes:

• Failure is unavoidable in the way to success
• Failure is simply feedback; it is learning
• Dreaming big is what counts; being paralyzed by fear of failure limits you to an average life
• Get back up no matter how many times you fall
• Not trying up is the worst failure
• The fact that you failed doesn’t mean that you are a failure
• Failure is required for success
• The effects of failure are temporary

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Do you need more concrete help in overcoming the negative effects of fear of failure in your life? Check out my 12-week Overcoming Fear of Failure program.
Your Next Steps

Meditation is a wonderful practice that improves your well-being, sharpens your mind, and opens many doors. It allows you to master you mind, and thus master your life.

Meditation can help you transform yourself. It is a powerful path for overcoming anxiety, stress, and mental noise. It empowers you to be calm, centered, and focused.

But for that to happen, we need the Three Pillars of Meditation:

How are your three pillars going?

Figuring out and practicing these three pillars on your own can be very hard. It requires dedication, time, effort, self-discipline and patience.

But it doesn’t need to be that hard. You don’t need to do this all on your own.

Over the past several years I’ve helped thousands of people start, deepen and integrate a meditation practice. And I have created an online program that helps you build those three pillars gradually, with the support of a community. Check it out: Limitless Life.

“Bringing Meditation and Personal Growth to one million people” (Live and Dare mission)