



Sibella Circle Member & Visionary Leader

DIVE INTO SELF-DISCOVERY

Managing Fear of Missing Out

By *Creative Katrina*

To the ego, the fear of missing out is real.

Anxiety, discomfort in mind and body, and swirl of “what-ifs” parade through the brain and collide, causing fear to spring up in the heart. In the moment it can feel like there’s no right choice, or that no matter what you pick, you will have to sacrifice. In some ways this may be true. You are only one person, and therefore, able to complete a select number of things in the finite time available.

Yet, despite what your brain says, fear of missing out is a choice, not a reality.

In any given day you can desire many things. They all may be simple and attainable, but not all at the same time. Choosing one thing may mean another falls off the page or is shifted to an undetermined date in the future, sparking a fear of missing out. And in a culture where being busy is valued, it can feel like every potential timeline (or choice) is something on the to-do list to complete. The truth is, something only becomes a “reality” when you decide to act on it.

Ironically, when you make choices to avoid something you fear or dislike, there’s an actual, legitimate possibility you will miss out. You can pass by a chance to grow, expand, break through a fear pattern, meet a new person, or create an exciting opportunity that changes your life. All of these outcomes are potentials, waiting just beyond the fear barrier.

This year in the US, the total solar eclipse is visible in select places. As the date got closer, I could feel people’s fear of missing out bubbling up in a big way. Talk about camping trips, hotel accommodations, where to grab glasses, and how to get the best view dominated every conversation. People were willing to sit in traffic and take time off just to have a view of eclipse totality, even though they could easily see it online or a partial view in their backyard.

When I thought about what I wanted to do, at first I had a little fear of missing the “real deal” eclipse. However, I chose to go within and ask myself what would best serve my soul, path, and self-care. And I knew, without hesitation, the benefits of time alone at home to recharge and take in the transformational energy of the eclipse, my way, completely washed out any fears I would be missing a viewing opportunity of a lifetime.

If you take action out of mindfulness and clarity in your heart, from being centered and clear, there is no doubt because you won’t miss out. You are exactly where you need and want to be, staying open to what unfolds. How can you go deeper within to clear away any last traces of the fear of missing out?

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