

Spotlight Article

IF I weren't afraid.

Be honest, you're afraid, We're all afraid of something.

What's the worst that can happen to you? Death? Well, we will all die an earthly death. So, if it will happen, why should we be afraid?

What are you afraid of? Make a list. Better than that, make a list completing the following:

If I weren't afraid I'd _____.

Get married

Move to the ocean

Move to Europe

Quit my job

Go back to school

Start my own business

Tell _____ My true feelings

Write the book I've always wanted to write

Invite friends over for a home cooked meal

Yes, Fear holds us back. It prevents us from living life to the fullest extent. It blocks our creative juices, it prevents us from making life an exciting adventure. It limits us.

How many times have you failed to take the initiative to do something for fear of being rejected? Not getting the job you want to apply for. Not getting your book accepted by a publisher. Not getting enough votes from your peers to get elected.

The simple answer is to face the fear, do that which you fear, and the death of the fear will be certain. Walk towards that which you fear, and the fear will subside and, eventually disappear.

Truly, what is there to be afraid of? Failure is 'false evidence appearing real'. Failure is also just practice. Practice is what makes us good at something.

The fear disappears in the doing. Focus on the doing, the accomplishing, and you'll realize there was no fear, only the excitement and anticipation of doing.

I bought a boat and had to take it on a twelve hour journey in the ocean, covering area I had never seen before. I started out with limited knowledge of the boat and the area as well as limited navigation equipment. Plus, it was a stormy, cold, blustery April day with high seas. Sure, there was a little fear and apprehension. But, if I was afraid, I wouldn't have done it. I accepted it as a challenge and an adventure. It sure was with engine and equipment failure. Now, it's just a great story of doing. In the process I learned about the boat, that part of the ocean, and my own ability.

What have you done in the past that you were, at first, afraid to do? Can you remember the feeling of being afraid and then the feeling of victory when you did it? Do more of it. Do more of it every chance you get.

If you don't live your life as an exciting adventure learning and doing, at the end of life your biggest regret will be risks not taken and things not done. Start today. Do it.