



What is the first thing that comes to mind when you hear the word "fearless?"

For me, it's some combination of bungee-jumping, skydiving and holding tarantulas, but that's not the fear I am talking about today. I am not suggesting that you start taking unnecessary risks for the sake of being fearless.

No, what I am talking about is the (often irrational!) fear that keeps us from doing the things that could change our lives for the better.

We are born with two innate fears: the fear of falling and the fear of loud sounds. We learn fear through experiences and are influenced by our environment and culture. We learn to fear things like snakes and spiders, which can keep us safe, but there are also fears that serve no purpose.

When I was around 13 years old, my Mother told me that she had a friend whose daughter sat under a tree one day. A bug fell out of the tree, landed on top of her head, and burrowed its way into her skull. This one story impacted my life for years afterward.

As a teenager, I dreamed of going to France. For years and years, I wanted to take the trip, but I was afraid of traveling alone. What if I got abducted or robbed or worse? Finally, in 2015 I decided to face my fear and I took that trip--by myself--and I had the most amazing time! I learned how capable I am, and it gave me a new sense of self-confidence.

Fear should warn and protect us, not scare, and prevent us from doing things that help us grow. Fearlessness is a decision, not a character trait.

How do you get to the path of fearlessness?

First, you need to take a look at where and what your fears are. Maybe the things holding you back aren't as big and scary as you think they are. The antidote to fear is self-confidence. As you practice it, it becomes easier and easier. *See it until you can be it!* 😊

AND YOUR ALIGNMENT ASSIGNMENT...

Step 1: Make yourself do it anyway. Go outside your comfort zone and prove to yourself that you are an overcomer. (This is not your nudge from the Universe that it is time to try Shark Cage-Diving! --I'm talking about non-risky behavior! 😊)

Step 2: Come from a mindset of curiosity. What if I do this? What is the worst that can happen? What is the best that can happen?

Step 3: Picture yourself one year from today. What if you made the call, started the Hot Melt Sprint, or took the supplements? Where could you be in a year?

Step 4: Get numb to the fear. If you keep wringing your hands and thinking of all the things that could go wrong, you won't overcome it.

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F.E.A.R has two meanings - Forget Everything And Run, OR Face Everything And Rise. The choice is yours!