

30 DAYS OF FEAR

There are two aspects of fear that we need to reconcile.

First, we need to identify what it is we're afraid of. Next we need to face that fear head on.

Fear is a great barometer for what you really want in life and what's *truly* important to you.

It's also a wonderful teacher. Facing fear toughens. Running from and avoiding fear weakens.

In our society we can essentially go throughout our lives avoiding our deepest fears. We don't *need to* get into the wild and come face to face with imposing animals or terrains. We don't need to travel, to experience new cultures or ways of life. We don't need to fend for ourselves.

Those who actively *seek* fear, then, will be better than those who don't because they'll automatically be tougher.

That's your challenge.

Identify 30 fears that you have, big or small, and face every one of them.

Spend a week identifying the fears.

Give more time for the big ones, like travel or quitting a job or doing stand-up comedy (whatever you come up with), but get on the small ones right away, the things you can do *today*.

Hold snakes, spiders, and pet lions. Go through a list and bang it all out within 30 days.

It's the practice of practicing facing fears that will make you something more than you are now or that you could be otherwise.