



“If you want to be successful, you have to see your failures as stepping stones on the path to success instead of stumbling blocks in the road.”— Zig Ziglar

I encourage you to take that first and most important step! The willingness to actually start can open so many doors. Remember, the more you take advantage of opportunities, the more likely you are to achieve success. You can make the process of beginning or trying something new or different, to move out of your comfort zone, with no guarantee of success easier by planning and preparing, setting clear goals, gathering information, creating an action plan, then taking the first step.

Once you’ve begun your journey, you need to embrace the courage to have patience and persistence. This includes the ability to endure and stay with your plan after you have taken action and before you get any feedback or results. Those that follow the plan, have the greatest success even in the face of disappointment and unexpected setbacks. Include tools to measure your progress and re-evaluating the plan. Your ability to change, adapt and evolve with the environment around you will affect your ability to reach your goals. Need to boost your courage to endure? Having feelings of worry, fear or anxiety? Focus on your goals. Visualize the end goal. Thoughts of fear may happen and that’s ok, as long as you keep them in check with thoughts of courage and self-reliance. Most of the things that people worry about never happen. Conquer the worry by focusing on the goal and what you can do to resolve the problem. Force your mind to focus on the positive!

The journey on the way to achieving your dreams is as important, if not more important, than the end goal. You can learn so much in the process! Trust the process, trust your abilities and get excited for the endless possibilities that occur along the way to living your dream. Have the courage to take action!

What’s holding you back from going after your dreams? What are you afraid of? Are negative thoughts and worrying about what might happen keeping you from taking the action towards something you really want? Here’s the secret to overcoming that fear; we all want to succeed and the fear of failing can be especially scary, so we try to avoid it. Failing is how we learn. It's the essential fuel to reaching your goals. When you confront your fears and move toward what you are afraid of, your fears diminish and your self-confidence grows. In this case, the courageous person is simply one who goes forward in spite of the fear. Bottom line, go after your dreams!

So how do we get started? Doing new things takes courage, standing up for yourself can sometimes take courage, and facing fears takes courage. But I want you to know, you can take the first step, take the action to go after your dreams because you are stronger than you think. Take action to grow your confidence and you will see your fear diminish. You can take control of your own destiny by taking action.

By engaging in acts of courage you can eliminate fear because when you do one thing or several things that at first were a bit scary, but you face the challenge, it increases your courage and self confidence.