



## Fortune Favors the Brave

Your fears are a smokescreen. They are like ghosts that keep you from being your best. It's OK to be afraid. Everyone is afraid! What's **not** OK is to let your fear get the best of you. Successful people have learned to act in spite of their fear. And that's what courage is – acting in spite of your fear.

Courage can be developed. Aristotle said, "You become what you repeatedly do." The way to develop courage is by practicing courage in every situation where courage is required. How do you do that? Through a quality decision. You come to the realization that whenever you are afraid to do something, you are simply being tested. You make a decision that from now on you will win over your fear. Remember; if you do what you fear, the fear will disappear. If you don't do what you fear, the fear will control your life.

Make a game out of conquering your fears. You can get started with small things. For example, if you usually wait to see what everyone else is having when you're ordering in a restaurant, next time, be the first to order. When you do that, you will have experienced a small personal victory. You just won over that fear. Next time you are talking to somebody and you want to ask a question but you are afraid of looking stupid, ask anyways. Guess what? You've just won another personal victory. Score: Fears – 0, Courage – 2.

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You need to win many personal victories before you will win a public victory. By becoming conscious of your fears and making a game out of conquering them, before long you will begin to understand in your heart that fears are just smokescreens. And by playing that game all the time, you are becoming more courageous every day.

**Put it into action:**

Make a game out of staring fear in the face. Start doing what you fear and watch your fear disappear. Start chalking up some personal victories so you can start experiencing some public victories.

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