

## FATE LOVES THE FEARLESS

That is a quote by Robert Lowell.

I was talking to a group of students over the weekend. I was advising them on their futures and how to handle things. I said go forth and fail without fear. Fear holds us back and the number one thing we are afraid of is failure. So go out there and just do it. Fall on your face. Pick yourself up. That is how you grow. Take on that thing you are the most frightened of.

So this week, write down the things you are really afraid of. What are you not doing because fear is holding you back?

And then start tackling them one by one.

Day at a time.

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