Facing your fears so you can lead a purpose-driven life

Tricia Bolender
Unite For Sight 2019
FEARS

1. Fear of failure / being “found out” / inadequate / not “enough”

2. Fear of shining too brightly (“who do you think you are?”)

3. Fear of being “seen” and judged by others / what others think

4. Fear of being unloved and alone / not belonging / kicked out of tribe
“COURAGE STARTS WITH SHOWING UP AND LETTING OURSELVES BE SEEN”

BRENE BROWN
STAND UP!!!

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BETWEEN STIUMUS AND RESPONSE THERE IS A SPACE... IN THAT SPACE IS OUR POWER TO CHOOSE OUR RESPONSE.

IN OUR RESPONSE, LIES OUR GROWTH AND OUR FREEDOM.

- VIKTOR FRANKL
REACH OUT!!

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