

## Facing our Fears

What did you fear as a child, as an adolescent, and/or what do you fear at the present time?  
Think about a time in your life when you attempted to face your fears or act with courage.  
What was the outcome?

“Without fear there cannot be courage.”

~ *Christopher Paolini*

“Expose yourself to your deepest fear; after that, fear has no power, and the fear of freedom shrinks and vanishes. You are free.”

~ *Jim Morrison*

“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.”

~ *Nelson Mandela*

“Do one thing every day that scares you.”

~ *Eleanor Roosevelt*

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world.”

~ *Marianne Williamson*

### It Felt Love

*How*

*Did the rose*

*Ever open its heart*

*And give this world*

*All its*

*Beauty?*

*It felt the encouragement of light*

*Against its*

*Being,*

*Otherwise,*

*We all remain*

*Too*

*Frightened*

~ *Hafiz*

***Do you find any of these questions or quotes thought provoking or especially meaningful to you?***