

What Are You Afraid Of? by Dennis Gaskill

The fears that hold us back from chasing our dreams are usually much bigger in our mind than they are in reality. When we face our fears, we may or may not walk away in obvious victory, but in time, we usually realize we walked away a little smarter and a little less afraid of our mind's own shadows.

Fear is the great thief of life's best rewards. We fear rejection so we don't offer our approval to others, or we criticize others to reject them first. We fear embarrassment so we don't offer our own uniqueness. We fear criticism so we don't offer our creativity. We fear failure so we don't fight to make our secret dreams a reality.

We all have our own fears, but perhaps what we really fear is being unmasked because we are unsure of our own self-worth. I promise you this . . . you are worth far more than you realize.

What have your fears been keeping you from?

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