

October 6, 2008



## Just for Today

Fear can be a funny thing. Lots of people tell me they have fear of success, and its holding them back. Others tell me they have fear of failure. Go figure.

I've just come through my own fear exercise - yup - me. Needed to do something, found myself feeling afraid to do it. What got me through? Realizing that it wasn't actually fear; the problem was that I didn't have the information I needed to move forward. And that felt like fear. I know now that when I FEEL fear, moving forward is as simple as *ASK*.

**Just for today:** think about what you're holding back on. And when you've identified it (and usually it shows up as procrastination) think about the question you need answered, take the action you need to get that answer and watch the fear disappear.

A handwritten signature in blue ink that reads 'Angela'.

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