

What I fear most!

Marty Soat

What are some of your greatest fears? We all have them. Thinking back to childhood, there could be so many things that now seem silly, but to others about to or that are facing them now, it isn't! I remember when I first tried to ride a bike without training wheels. I was scared, but determination overruled that fear. After hearing my Father say, this is the last time today right before he pushed me off the curb, I remember the feeling of "I'm gonna do it". And I did. Determination beat fear!

Thinking back, so many things we face for the first time can and do bring that element of fear. We may want to or need to face this circumstance, but fear is still there. Determination is ultimately what gets us past that stage and sets us up for new adventures and rewards.

I subscribe to Joe Tye, CEO of Values Coach Incorporated and his email blast. In a recent blast (April 13, 2016) he focused "The Scariest Thing on Earth..." So many of the things he mentioned brought back memories for me and I suppose would for most of us. Some of the things he mentioned were your "first day on a new job", "a first date", or my personal favorite, "a first yoga class". Any one of us could insert several other things that we faced fear over. As many High School Seniors prepare for graduation, the fear of that first year of college, tech school or "now what" may seem overpowering! Those that may be getting married or about to face the divorce process may also be a little scared. Perhaps facing a weight loss challenge or adapting a healthier lifestyle are fearful for you? Regardless, the actions you take to confront those fears are determination. Determination will lead to success.

Does fear or being afraid have to have the last word? Not at all! As Joe Tye put it, "The physiological symptoms of terror and exhilaration are identical. The only difference is the name that you give those symptoms". So if you feel overwhelmed, do the research on what it is you are actually facing. Listen to those that coach you, direct you, guide you, or parent you. Those people have been through it! They know that determination will win if you go through the process in spite of fear. Conquering the things that you fear the most is one of the most rewarding things in life. Empower yourself for success!

*Marty Soat is a member of the JoDaviess County Wellness Coalition (formerly the Jo Daviess County Obesity Prevention Coalition). For information on the Wellness Coalition or how to join the Coalition please go to [www.jodaviess.org](http://www.jodaviess.org).*