

Handling Fear



Remember.....

You cannot feel brave if you do not feel fear.

You must go through the fear to get out of it.

If you never feel fear, you are unwise.

Fear is at the root of lying, so stay honest.

Don't sweat rejection, as it is an injection that makes us stronger.

When we are kind, fear is left behind.

Never fear failure as it is a necessary step to success.

When you conquer your fear, you become mighty.

Most of the things we are afraid of never happen.

When afraid, breathe deeply, stay calm and be patient.

Needing to be popular creates feelings of fear.

Problems are doorways for us to overcome our fears.

When in fear – stay true to you.

Stay away from people and things that create a feeling of being unsafe.

Heroes may be brave, but not all those who act bravely are heroes.