



# COACHING & INSPIRATION

## “FROM FEAR TO FREEDOM”

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It was Sir Winston Churchill who said, “Success is not final, failure is not fatal. It is the courage to continue that counts.” If our communities, companies and culture have ever needed people with courage to rise up, it is now. There are a number of people and organizations that have apprehensive tones and anxious demeanors right now. While this is absolutely understandable, and should never be minimized, the time for courage is now upon us.

Great leaders understand the power of overcoming and in order to overcome you have to have something to come over. Right now, that is the fear caused by a Global Pandemic of which we haven't witnessed in generations. Yet somehow in the historical narratives that sound the alarm of applied courage, great generations before us have been able to control their fears and anxieties. Not only did they control their fears, they embraced them and created innovations and technologies that allowed people more freedoms than ever before.

So how then do we face these fears, embrace the anxieties and answer the call to stand strong in the face of such great uncertainty? How do we help others who perhaps aren't at the place of courage we find others? How do we become cultural architects of change, rebuilding the foundations of caring, protecting and growing?

Here are a few thoughts to at least get the conversation going, if not thriving:

- 1. FACE THE FEARS:** Courage isn't the absence of the fear, it is simply facing the fear and not allowing the anxieties to control you or those you influence.
- 2. STOP WAITING ON THE ANXIETY TO SHOW UP:** You can't walk in courage and freedom if all you do is simmer in the uncertainties waiting on other bad news to emerge.
- 3. LEARN TO LAUGH AGAIN:** Very few things will ease your fears and anxieties like the great medicine of old, laughter. Find opportunities to laugh often, especially at yourself.
- 4. SHOW APPRECIATION TO OTHERS:** When you focus on others and the many opportunities for them to be appreciated, it builds your own courage mechanism to face your own fears.
- 5. TAKE A BREAK FROM YOUR STRESSORS:** If all you do is stew in the triggers of your fear, you'll never overcome. Turn off the news and return to outlets that build up your courage.
- 6. KEEP A CONSISTENT ROUTINE:** Routine keeps us focused and allows us to be strategic in our endeavors for change. Make sure your routine is in place allowing you to execute your plans.
- 7. TAKE TIME TO UNWIND:** Don't become so driven that you don't take the appropriate time necessary to be healthy. Get rest, renew your passion for hobbies and serving others. Relax!
- 8. TAKE THE TIME TO PRAY & MEDITATE:** When you take time to center yourself and allow your mind and soul to align, you focus on what can be accomplished, not your fears and anxieties.
- 9. REACH OUT FOR HELP:** Get over the false narrative of shame or guilt that comes with reaching out for help. We all need help in our journey and if your fear has gripped you more than you anticipated, reach out for help and become the courageous overcomer you know you are.