

6Ways

TO CONQUER THE FEAR OF BEGINNINGS

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*The marathoner standing at the start line anxiously awaiting to hear the gun go off; the writer facing a blank page; the student opening the doors to a new school... **all beginnings are difficult.***

HERE ARE SIX WAYS TO GET OVER THE FEAR OF BEGINNINGS.

BE GRATEFUL FOR OPPORTUNITIES IN YOUR LIFE.

Focus on the pleasure and meaning
in this new endeavor.

Remember that **FAITH IS STRONGER THAN FEAR**. Ask God for help before you begin. Ask Him to carry you through and believe that He will.

Remind yourself that **FEAR RUNS AWAY WHEN WE RUN TOWARDS IT**.



Know that **if it scares you, it has the potential to transform you**. We don't grow in our safety zones. We change when we're willing to bear the discomfort of new risks. As Abraham Maslow once said: "You will either step forward into growth or you will step backward into safety."

Embrace change. Our lives are not meant to remain the same. Emulate Abraham, our patriarch, who left his land to embark on a journey whose destination was unknown.

Begin anywhere.

YOU DON'T NEED TO HAVE ALL THE ANSWERS BEFORE YOU START SOMETHING NEW. Just begin with what you have and where you are.

We are never quite ready to begin. Those first steps require courage and faith that God will help us across the finish line. It's up to us to move forward despite the fear.

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