

YOUR TURN

WHAT WOULD YOU DO IF YOU WEREN'T AFRAID?

What dream would you pursue if you weren't afraid? Is there something you know you would love to do, but you've allowed fear to stop you from moving ahead and trying?

Sheryl Sandberg, COO of Facebook and author of *Lean In*, gave a university commencement address in 2011 that ended with this challenge: "Please ask yourself: What would I do if I weren't afraid? And then go do it."

It's a question worth asking. Think about it in the coming days and weeks. Journal about it as you imagine what you might want to accomplish. Write down your fears, your questions and your ideas about the "what would I do" answers you come up with. And then find the courage to go for it!

DIG DEEPER

READ

- ***Left To Tell*** by Immaculee Ilibagiza. This is an inspiring story of a young woman who survived the 1994 Rwandan genocide and is now an author and motivational speaker.
- ***Shoe Dog: A Memoir by the Creator of Nike*** by Phil Knight
- ***Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*** by Brené Brown

LISTEN

- ***The Tim Ferriss Show***
- ***Spectacular Failures*** by American Public Media
- ***How to Fail*** with Elizabeth Day

WATCH

- ***Why am I even alive?*** | Muniba Mazari — YouTube. Mazari, referred to as the Iron Lady of Pakistan, talks about how her life and perspective changed after a car accident left her without the use of her legs.
- ***Octavia Spencer's 2017 commencement address*** at Kent State University
- ***The fringe benefits of failure*** | JK Rowling — TED Talk

ACTION STEPS

List what you believe are some of your biggest past failures. Then take a look at the list and note: What did you learn from each of these failures? Are there ways they made you better or stronger?

Failures and lessons:

Growth as a result:

It's helpful to know we're not the only ones who experience failure. In fact, many successful people have also experienced spectacular failures. Take just a few minutes to Google other famous people who have failed. Then read more and be inspired by their stories of overcoming their failures.