



## Turning Fears Into Pleasure

### Show Notes for The Fun Road Podcast:

What is your biggest fear?

Perhaps it's heights, or spiders, or maybe it's public speaking. There are certain fears we have that might be unexplainable (like fear of long words), but other fears you might have might be tangible. How did that fear get started? When did you start giving that fear power?

In this episode, Steve gives an example of how he had a fear of growing up and living his life, due to how he thought he had to live it. Kass also talks about her fear of public speaking. Both stories are examples of overcoming fear, and why it was so important for them to do so. Do you find yourself wanting to overcome a fear so you can pursue something you are passionate about?

If you are living in fear of something and it is keeping you from living daily life, then you aren't balancing your fears with reality. The possibility of your fear coming true is slim to none, but you're missing out 100% of the time. Try not to create fear out of things that aren't real or you don't have a solution for.

Fear of failure, fear of rejection, fear of loneliness, etc. can keep you from spreading your wings and growing. Your fears of failing will keep you from almost everything you want to progress on. You can take your fears and practice skills to help you overcome them. Practicing over and over again will help you overcome your fears. Fear kills more dreams than failure ever will. Don't let your fear become what stops you from living!

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