

Click to prove
you're human



you. Normal people dont go around destroying other people.If someone insults you, you have every right to cordially insist that they treat you with respect. It is not good manners to sit there and be abused. If someone insulted your spouse or child, you would rise to their defense. Why not rise to your own defense?11. Dont Set Personal Goals Based on External InfluencesLast week, I was talking about goals with my brilliant friend, Julia. She reminded me that it can be damaging to set personal goals based on external factors over which we have limited or no control. For example, having a personal goal of winning a dance competition is an external goal because you never know when the judges will be biased, or some other competitor has a better day than you. Having a personal goal of learning a highly technical program, on the other hand, is a good internal goal because it is something over which you have complete control. Look over your goals and revise them so that you are in control of the outcome. Take a look at this guide and learn how to set goals: How to Set Goals and Achieve Them Successfully12. Throw Away the NewspapersMost of what is written in the newspapers is BAD NEWS! There is nothing like something very scary to make people buy and read newspapers. Have you noticed that there is rarely, if ever, good news on the front page? Good news exists everywhere. You dont have to look hard to find it. If you are having trouble believing this, write down all of the good things you see in a day. People open doors for others, people put on benefit concerts to raise money for injured or ill people. The list can go on. I fully believe that theres way more great things happen each day than bad things, and I challenge anyone to prove otherwise.13. Work with ChildrenMy job is teaching music to children. It is the best job I can think of. Children are so bright, adorable and fun. They are excited about the future, even if the future is a sleepover or a movie. Kids are more balanced than the average adult because they have not learned to be worried or fearful. Working with children in whatever capacity you can puts you in the same mindset. I get swept away daily by these kids and their ideas. It is the highlight of my life.14. Listen to Music or Take a Look at Some High Quality ArtArt and music are the antidote to the stress and negativity of life. It is like the Yin and Yang. It is your choice whether to focus on the good or the bad. Contrary to what many people believe, art and music are not just whimsical pursuits; they are the breath of life. Many articles tell you to focus on the good but, they dont tell you that you have to make an effort to go out and find the good. It doesnt just come to you. Go to Youtube and find music you love, look at websites and books to find art that makes you happy. Bookmark them and go to them often. Make it a large part of your life to seek out and enjoy these things. Tip the balance in favor of things that make you really happy. This has a profound effect on your happiness level. Go have a look in the dusty corners of your mind and pull out some of your old decisions and thoughts about things. Take a look at them in the bright light of day and see if they still make sense. If not, toss them in the trash and move on! Good Luck! More About Living a Fearless Life Featured photo credit: Becca Tapert via unsplash.com

How to stop living my life in fear. How to live life without fear and worry. Life without fear. How to not live life in fear. How to live without fear and worry. How to live life without fear of death. How to live your life without fear. How to live my life without fear. How to live without fear.