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**Run Freely (A Lesson About Courage)**

**By Gabriel Daniels**

**Run Freely (A Lesson About Courage) by Gabriel Daniels**

One afternoon, many years ago, I went to pick up my mother from work. I got there a little early so I parked the car by the curb, across the street from where she worked, and waited for her.

As I looked outside the car window to my right, there was a small park where I saw a little boy, around one and a half to two years old, running freely on the grass as his mother watched from a short distance. The boy had a big smile on his face as if he had just been set free from some sort of prison. The boy would then fall to the grass, get up, and without hesitation or without looking back at his mother, run as fast as he could, again, still with a smile on his face, as if nothing had happened.

At that moment, I thought to myself, "Why aren't most adults this way?" Most adults, when they fall down (figuratively speaking), make a big deal out of it and don't even make a second attempt. They would be so embarrassed that someone saw them fall that they would not try again. Or, because they fell, they would justify to themselves that they're just not cut out for it. They would end up too afraid to attempt again for fear of failure.

However, with kids (especially at an early age), when they fall down, they don't perceive their falling down as failure, but instead, they treat it as a learning experience (as just another result/outcome). They feel compelled to try and try again until they succeed. (The answer must be...they have not associated

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"falling down" with the word "failure" yet, thus they don't know how to feel the state which accompanies failure. As a result, they are not disempowered in any way. Plus, they probably think to themselves that it's perfectly okay to fall down, that it's not wrong to do so. In other words, they give themselves permission to make mistakes, subconsciously. Thus they remain empowered.)

While I was touched by the boy's persistence, I was equally touched by the manner in which he ran. With each attempt, he looked so confident...so natural. No signs of fear, nervousness, or of being discouraged—as if he didn't give a care about the

world around him. His only aim was to run freely and to do it as effectively as he could. He was just being a child—just being himself—being completely in the moment. He was not looking for approval or was not worrying about whether someone was watching or not. He wasn't concerned about being judged. He didn't seem to be bothered by the fact that maybe someone would see him fall (as there were others in the park aside from him and his mother) and that it would be embarrassing if he did fall. No, all that mattered to him was to accomplish the task or activity at hand to the best of his ability. To run...and to feel the experience of running fully and freely.

I learned a lot from that observation and experience, and have successfully brought that lesson with me in my many pursuits in life. Since then, I've always believed that in each of us is a little child with absolute courage. A child that has the ability to run freely (or express himself fully and freely)—without a care for anything external—without a care for what people would say if he/she experiences a fall.

I believe that that courageous part of us, that courageous child within us all, will always be with us for as long as we live. We only need to allow it to emerge more fully. We only need to once again connect with that child within us—and give that child permission to run freely, just like that boy in the park.

Gabriel Daniels publishes Confidence & Courage Tips...To Help You Realize Your Dreams. For more tips, strategies, stories, quotes, and more...to empower and inspire you to take action...so you can get what you want out of life, visit his website at <http://confidencetips.blogspot.com>. (For article publishing details, please check the website's License Information section.)

## **HAVE THE COURAGE TO TAKE THE FIRST STEP!**

**By Ron Sathoff**

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Quite a few years ago, I was enjoying an afternoon in the park with a couple of friends of mine. One of my friends had brought her dog, and as we were playing Frisbee, another dog came out of nowhere and started viciously attacking my friend's dog. One of my friends, Mark, reacted instantly, running to the dogs and managing to beat off the attacking dog and causing it to run away.

What did I do during that momentary instant of chaos? I froze. I stood there. I just stood there, watching the whole thing. Even now, even though it was a minor incident taking place 10 years ago, I still look back at that moment with shame. I resolved that I would never let fear keep me from taking action when action was needed. With a few exceptions (of course), I like to think that I've been able to live up to this resolution.

I think this lesson has an important parallel in business and marketing. One of the factors that keeps a lot of people from succeeding is the fact that we are usually afraid to push our limits. That means we end up taking the safe route and never understanding what we are truly capable of.

Take, for instance, starting a home business. Most people have dreamed of owning their own business, or at least supplementing their income with a side venture. However, 99% of those people don't take the risk to actually take the first step. They are afraid that they will lose money, or that they will fail, or that they will just look silly.

Well, first off, there are ways of beginning a business with very little money, especially if you don't mind starting off small. As for the fear of failing, so what? Failing is not something that you should be ashamed of — instead, you should be proud that you had the courage to try. The same goes for "looking silly" — who is sillier, the person who tries something innovative and creative, or the person who sits back and does nothing? I know what my answer is to THAT question.

I'm not trying to be a Tony Robbins here and say that you can achieve anything you want just by visualizing it — all I'm

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saying is that NO ONE should be afraid to try to achieve their

dreams. I'm not advocating quitting your job and sinking all your savings into junk bonds — but don't let fear keep you from exploring all your avenues. Sure, you may have some regrets, but then again, you may end up praising the day that you decided to act. If you just sit back and do nothing, it is much more likely that you will have regrets later in your life.

Ron Sathoff is a noted speaker and manager of DrNunley's <http://InternetWriters.com> He provides copy-writing, marketing, Internet promotion, and help for business speakers. Reach him at [ron@drnunley.com](mailto:ron@drnunley.com) or 801-328-9006.



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