

How to break free

Two ways: 1) examine each fear individually, and 2) test them.

When we shine a light on our fears, they lose power. When we test them to see their validity, they will usually fail, and we can overcome them. Let's shine a brief light:

1. **We might seem ignorant.** Really? How often do people quiz you on current events, or laugh at you for not knowing? Maybe some times, but even if it does happen, so what? Let others be fueled by this need, and let yourself focus on things you care about, not what others think is important.

2. **We might miss out on an opportunity.** Possibly. There are always going to be opportunities we miss. But more likely are the opportunities we're missing because we're letting our days be consumed by trying to stay up to date. When we do this, we lose time we could be using to pursue exciting, real opportunities.

To be continued.