

**“You’ll always miss 100%
of the shots you don’t take!”**



There are times in life when ‘playing it safe’ is the wise thing to do. And then there are times you need to put yourself out there and take some shots! Are you taking as many shots as you can? Or, have you resigned yourself to sitting on the sidelines?

If you want to be more assertive and courageous, here are a few steps that will help.

First, identify those areas in your life that are difficult for you. Most of us have at least one or two areas that seem to be more challenging. Maybe you take risks, put yourself out there, at work but can’t seem to do that in relationships? What are the ‘tougher’ areas for you: relationships, career, creativity, finances, spirituality, self-care, etc.?

Next, identify the fears you have in those areas. Stay with me; I know this can be scary. But, without taking the time to do this, you probably won’t be able to move forward. It’s O.K., normal, to have fear. Fear is not a ‘bad’ thing. So, ask yourself, “What’s the worst thing that could happen to me if I were to take some shots in this area?” It’s common to fear: failing, missing, making a mistake, and looking stupid in front of others. Once you can admit what your fears are, then you can find creative ways to actually use them as guides. They can be the gifts you need to guide you on your course.

Then, it’s time to take some action. It might feel ‘safe’ to do nothing, but lack of action can be quite limiting. If you convince yourself that it’s better not to take a chance, then you will be settling for a lesser level of fulfillment. Maybe you tell yourself that you tried once before and things didn’t work out. How about if you tell yourself instead that those were learning experiences and that practice is necessary? Who says you have to make it on the first try! You make adjustments as you go. So, take a shot! It doesn’t have to be in great form, but do something that would equate to taking a shot in your ‘tough’ area.

Now, take a deep breath and just imagine your life if you were to put yourself out there a little more than you have been? What if you gave yourself permission to try? What if you gave yourself the freedom to fail and make mistakes? How would your life be different? How would it be better?

**You can do it! I know you have it in you!
C’mon, get in the game!**