Most people are not living their dreams   
because of fear, ladies and gentlemen.   
  fear is the most subtle  
and destructive  
  of all human diseases.  
Fear  
  kills dreams.  
Fear kills hope.  
  Fear  
put people in the hospital.  
  Fear can age you.  
Fear, ladies and gentlemen  
  can hold you back from doing something  
that you know within yourself  
  that you're capable of doing  
but it will paralyze you.  
  And I ask you a question  
what is the benefit?  
  What's the benefit of  
allowing fear to hold you back?  
  What's the benefit  
of giving up on yourself?  
  If not stepping out on life  
and taking life on?  
  What is the benefit for you?  
What's the plus in that?  
  You've got to ask yourself  
  how long am I going to   
allow this to hold me back?  
  You cannot let your fear  
hold you back from your destiny.  
  You have to feel the fear  
and do it  
  anyway.  
Do it broke  
  do it scared  
do it nervous  
  do it trembling  
do it on your knees  
  do it with help  
do it on crutches  
  do it in a wheelchair  
because  
  you don't want to end up in a nursing home  
sitting on a bedpan wondering   what would've happened  
if you'd only had more courage.  
  You don't want to end up in an old folks home  
and you're dying thought is  
  I wish i hadda.  
You don't have as many opportunities in life  
  to take a gamble  
and allow life to play you  
  you must play life.  
You've got to make some conscious effort  
  to begin to work to develop you.  
Start listening to tapes on a daily basis  
  to begin to recondition your mind  
to re-train your thinking.  
  Listen to things that can empower you  
that can enable you to create   a new reality for yourself  
and a new life for yourself.  
  You might appear to be   
strange around most people.  
  Don't expect it to make sense to anybody  
why you've got to do this.  
  Why you have got to go.   
"why? I don't understand."  
  you don't have to.  
I'm going for me.  
  This is something I have got to do.  
Now, will it be turbulent?  
  Yes.  
Will it be easy?  
  No.  
will you have some opposition?  
  Yes.  
Will I make a lot of mistakes?  
  Yes.  
Will I get hurt?  
  Yes.  
But guess what?  
  There's no gain  
without pain.  
  How do you stay in the race Les  
when you've lost your money  
  lost your car  
had no place to stay  
  and sleeping at people's houses  
on their floor  
  on the couch?  
How do you handle the times  
  when you're borrowing money   
and couldn't pay it back?  
  You felt humiliated.  
When people you love  
  who didn't believe in you  
and told you you ain't nothing.  
  How do you keep on coming back again and again?  
Or you've lost your business  
  or lost your job  
I lost your home  
  and you've been completely devastated?  
How do you come back?  
  Oh, let me tell you something  
it's possible.  
  The greatest achievement of somebody comes  
right after their worst defeat.  
  When they've hit rock bottom  
hit the bottom of the barrel  
  they got nothing left.  
Everyone is given up on them.  
  They're dead broke on their back.  
They're just now left  
  with the intestinal fortitude  
the pride within  
  do I want to stay on the bottom of this barrel  
or do I climb the f\*ck out of this hole?  
  It's at that point when everything's lost  
that everything can be gained.  
  You've got to remind yourself  
I know I got what it takes  
  to do this.  
And it's necessary that you go at it  
  with everything in you  
pulling deep down within  
  challenging yourself.  
Once you have that belief  
  that it's so strong  
that it overrides the crowd's disbelief  
  the adversities, anything  
you welcome that sh\*t  
  because that right there  
is supposed to f\*cking happen.  
  Because without that kind of abuse on you  
you will not become  
  the battle tested proven champion  
that holds the title  
  that has the value of the title.  
You must go through those ends.  
  Hit rock bottom.  
Your worst hour of despair  
  becomes your best as you get back up  
you learn from that.  
  And you continue to put one   
foot in front of the other.  
  Because what you're going   
for is what you believe.