

Ex 6-

We spent the last lecture talking about fear and how it is truly the cancer for the human condition. We will probably talk about fear and alike in the next few lectures and then from there we will face our fears for the rest of our lives. Fear is not going to leave your life. This assignment is not limited to this lecture, this pro league, me, you or this moment. This is an exercise for your lifetime that if done right will transform you forever- so lets be careful and courageous in doing it.

Your assignment is to design a fear task. Remember how in the lecture when I asked 'are you all thinking of your one fear?' and a lot of you knew what it was. We'll start with that, or some version of that. If you don't know your exact fear, start with anything that scares you. However, given covid and time limitation we cannot try something huge/public or long term. So think of something proximate, yet hard enough. For example, I had a friend who couldn't tell his mother he smoked when she'd ask him. He was too afraid to tell the truth for the fear that she would be unhappy with him. For a lot of you it is public speaking or talking to your boss or saying something in workplace/meetings. For a lot of you it is telling your family that you don't want to do X but want to experiment with Y. Don't let me tell you, ASK YOURSELF and tell yourself the truth. Be sure to think in probabilities- ie don't say ' I want to do X' when you truly only 'think I want to do X'. get my point? Be careful and courageous.

So find what you are afraid of that's near and important. We will execute it together. As a community, as a group of people intending to grow through each other's friction and love. Figure it out, help each other out, create a plan of execution. Don't give too much detail to the plan, focus on where you think you will fall short and not be able to execute. Is it the beginning, the middle, the end? What part of the sentence will you probably feel very uncomfortable saying? What will happen after 4 days of going to the gym..will you feel bored or in pain or just not motivated because you would rather do (fill in the banks) inseat?

Over the next few weeks we will break you free from your fear. This will be great.

Assignment-

Write about your fear, your plan and your choke point. Describe the choke point in detail.