

Conquering Avalanches

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One recent morning, my 10-year-old son Connor woke up and said to me, "I love dreams, because you can do crazy things and you don't die." He then excitedly described a dream he had the night before in which he and his two best friends lived through being in a huge, snowy avalanche.

What Connor said got me thinking. In dreams, you can do crazy things and not die. I think we often have dreams in real life that we fear pursuing because we think something awful will happen if we fail. Usually we don't face death, but we might face embarrassment, rejection, or just feeling stupid or not good enough.



If we thought like my son, perhaps we would have a different outlook. Are dreams scary? My son's avalanche dream was certainly scary. But are dreams also thrilling when you conquer the fear and come out on top? Many times, yes. When you live through something scary and thrilling what do you feel like? My guess is that you'd feel like my son, excited that he experienced something amazing and didn't die. You'd feel invincible.

How do you think successful people become successful? They achieve their dreams not because they don't have fear. We all have it. They became successful because they had the courage to take risks and take action *despite* their fear.

Theodore Roosevelt, our 26th President, had this to say about courage: "It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly; who errs and comes short again and again; because there is not effort without error and shortcomings; but who does actually strive to do the deed; who knows the great enthusiasm, the great devotion, who spends himself in a worthy cause, who at the best knows in the end the triumph of high achievement and who at the worst, if he fails, at least he fails while daring greatly. So that his place shall never be with those cold and timid souls who know neither victory nor defeat."

How many of us are those cold and timid souls? It's never too late to face a fear, pursue a passion, or just try something new.