

SOME REAL LIFE FEARS!

One of my passions in life is reading and then recording the valuable insights of successful people. These people range from *saints, political leaders, cardinals, popes, athletes, sports coaches, adventurers and business executives.*

Only recently I read this reflection from the Englishman Frank Dick who knew well about life's many different successes and disappointments, he was the head coach of the Great Britain athletics team over the last 4 Olympic Games.

He comments on the following realities:

**Fear of making mistakes;* when mistakes are reflected on, they have value in teaching people the consequences that come from underperforming or in poorly performing in life. To always do one's best is not a mistake!

**Fear of losing;* whatever contest that people perform in life they're only responsible for controlling their own actions and words. The results that happen beyond this is really not their responsibility.

**Fear of personal criticism;* the key here is to substitute the word *criticism* with *feedback*. When this happens it can then often leave space for personal strength and resilience to develop.

The context of *fear* that Frank is speaking about isn't in withdrawing from life's inevitable challenges but rather in seeing them as opportunities for growth. Jesus of Nazareth had something to say about this reality in these words; *"For to everyone who has more will be given but from the one who has not even what they have will be taken away."* (Matthew Ch.25 verse 29). *Fr Martin R Maunsell*