

*Maxim: "You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do." – Eleanor Roosevelt*

We cannot get anywhere in this world without strength, courage, and confidence. We also cannot have one without the other. These qualities all collide with each other. Courage takes strength, and you can't have confidence without courage or strength. Why are these essential to life, and what do they have to do with facing our fears?

Our brains are hard-wired for self-destruction. We see the beautiful things and people in this world, and we compare ourselves to them. We naturally lower ourselves: we tell ourselves that we are not good enough, and that we cannot accomplish the things that we want to accomplish. In our minds we are not smart enough, pretty enough, or brave enough to do certain things. On a personal note, I thought that I was fat for thirteen years because I saw all the skinny people, and I wanted to be like them. In reality, I am not fat, and on the health scale I am the exact weight that I need to be for my height. However, the world doesn't see that. They send our magazines that are full of beautiful fashion models that are size two. They have even adapted it into stores now; for females they don't make clothes bigger than a size two, and if they do it's in the LARGE section. After we go through all of this self-doubt, such as I did for all those years, we start to make up excuses, and then those excuses turn into fears. Confidence is not something that one is born with; in fact, one has to build on it every day like you would build a house. We have to push away all that self-doubt, and replace it with positive affirmations.

Courage is a funny thing: it only comes around when one needs it, yet one can lose it so easily. Courage is one of those things that are essential to life because if you don't use it you're not really living at all. Now courage doesn't mean that you need to go jumping off cliffs into jagged rocks (that's just foolishness!). Courage is doing the things that are necessary and hard.

Facing fears is the hardest part in life. Though our fears do protect us, they also limit us. If we live everyday in fear, we don't really live to our full potential. Courage, strength, and confidence play into facing our fears. You must have confidence in yourself so that you know that when you take this leap of faith, you will not fall on your face. Now this is not an easy jump, and that is where the courage and strength come in: You must have strength to have courage, and you must have courage to have confidence. Without these things, you cannot fully enjoy life.

Facing one's fears is essential to life. The essential to facing your fears is confidence, courage, and strength. In order to have these things, you have to trick the brain, which is on self-destruct mode. These three things come together and only come from each other.