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“There can be no initiative if one has fear, and fear compels us to cling to tradition . . .”

Martial artist Bruce Lee said this. You know, every single time a Bruce Lee (of all people!) quote st

But, ‘Enter the dragon’ – let’s talk about fear. Actually, if I have to repeat one more quote that says

Author Elizabeth Gilbert says that fear is her constant companion, especially when she wants to st

Neither can you outrun fear.

Just stand very still. Then turn around slowly and say, “Thank you, Fear. I know your purpose is to

Elizabeth says that fear’s answer will always be the same – “nothing”. What fear wants you to do is

It’s simple, girlfriend: On the one hand you have no-thing. On the other hand you have some-thing

You see, we’re scared of being shamed. Brené Brown, who has arguably done more than anyone

But, what is “good enough”? Or rather, who should it be good enough for? Yourself? Specific other

To some degree, giving our energy to others is simply part of the social contract and we feel that w

Your true self exists, whether you acknowledge it or not. Madisyn says that it is often buried under

In early childhood, your thoughts and feelings were more than likely expressions of your true self.

The challenge now is to bring back the authenticity you once expressed so freely. You may find it

Author and teacher, Robert Holden says, "Self-knowledge is the primary key to success. It's

Robert teaches people to think about success in a whole new way. "Success is knowing who you are

So, girlfriend, even if it scares you witless, stand in your power and show them who you are. Let your