

## FIRST TIME NERVES

A few years back I went skydiving. I was excited, but have to admit, I was a bit nervous.

- I didn't want to look stupid
- I wasn't sure of exactly how it would all unfold
- I questioned what to wear
- I wondered how falling 120 miles per hour would feel
- I worried if the landing would go well

After going through all the paper work and a short lesson, I began to feel a little more secure. The sky was blue and the people were amazing. As we boarded the plane I was ecstatic!

As I looked around at the others I wondered how they felt. Were they experienced at this? Would they all be safe? Who would chicken out and quit? Who would embrace this and really have fun?

I knew I was not going up 2 miles in the air to miss the beauty below me. My eyes were wide open and ready. When I left the plane my heart seemingly dropped, I could see the ocean below and the beautiful outline of the state of Florida. I soaked in all the scenery and loved the speed of the free fall.

All first timers that walk in for TOP training have some fear or apprehension. It is normal. Start by acknowledging it as a real emotion. Define where your fear comes from. Is the source dangerous? Now imagine the outcome that you desire. Change is coming. You are going to improve. You are facing your fears and that very step is courageous .

I know when I am equipped with tools and knowledge my fears begin to diminish. When I take those provided tools and knowledge and work them, I become confident and the fears vanish.