

Punch your fears in the virtual face!

by Mary Alexander

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I'm not condoning actual violence, by the way. I'm saying face and get rid of those invisible ropes that are tying you down and holding you back, keeping you a prisoner of your fears. Think of all the things holding you back from living your dreams and life fully. Visualize them, punch them out and step right over them towards your future.

Let's talk about what you could do today that would make you feel the best about yourself. Some people I talk to can quickly identify their passion and what they wish they were doing in this lifetime. Others have no clue. How about you? Can you tell me? If you don't know who you are then who does?

In 8 days I'll be celebrating my 40th birthday so I've been digging deep - beyond the fitness world I've embraced. I'm excited, I feel I'm finally in a good place in my life, I've grown into my own skin and love who I am. So, I decided to do another experiment. Eight days leading up to my 40th I set out to do things I wouldn't normally do - things that I've been meaning to do but have been afraid to try or things that I know will make me feel even more empowered to hit 40 strong and proud. I'd like to think I'm setting the tone for the next 40 years.

I spent too many years afraid of so many things - what if I'm not good enough, what if I make a fool of myself - what the heck, who cares! It's my turn to kick some butt.

Day 8: Monday, November 2nd - I asked my husband to go see a horror movie with me. I'm actually really afraid of horror movies to the point that I'll only see them if I know he's home for the next 3 days. It was fine and I did sleep that night! ahhhhh!

Day 7: Tuesday, November 3rd - I worked out in a public park. I don't mean I walked or went for a jog. I had a full body workout: sit-ups, pull-ups, lunges - the works! To my surprise, I survived the ordeal and nobody was really watching anyway! It felt so good. weeeee!

Day 6: Wednesday, November 4th - I took a piano lesson! I have wanted to learn how to play the piano since I was a young girl. What took me so long?! With a little effort and some daily practice time I'll be playing in no time. I had a blast and have to admit I was very proud of myself.

Day 5: Thursday, November 5th - I think I'll go in line skating today. This time I'll be skating instead of watching the kids have all the fun.

Day 4: Friday, November 6th - Ok, for a bit of seriousness now. Today, I'm organizing my kitchen create new recipes for healthful snacking that I can share with you using

some Armenian recipes from my childhood. As you know, making smart food choices are definitely one of my passions. Having been an overweight child I'm always thinking ahead on good food for my kids that will nourish their bodies and not pump them full of sugar and junk.

Day 3: Saturday, November 7th - Yet to figure this one out.

Day 2: Sunday, November 8th - I'm heading to NYC to take a dance class today! Ballet or Hip-hop? Not sure yet.

Day 1: Monday, November 9th - Happy Birthday to me! I'm going to do something just for me today.

Now it's your turn. Think of something you've always wanted to do and just do it. So, we might end up making fools of ourselves -- so what, who cares! That's the problem to begin with, wondering what everyone else thinks. What's worse is to remain paralyzed by our fears and never try. Try something you've always been afraid of and let me know how it went at mary@getintofitness.com

Balance, peace and love.
Mary

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