

# MOTIVATION

*How can I face my FEARS  
OF THE UNKNOWN?*

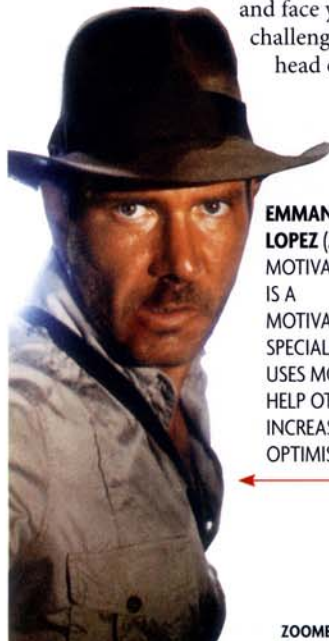
**T**he key to overcoming our fear of the unknown is to just be in the moment. Being in the moment is about building your confidence to take action in spite of fear.

I had an experience at a personal development retreat that illustrates this. Our task was to walk across a telephone pole 20 feet above the ground. I was paralyzed, worrying about falling — an event that hadn't happened yet. So I pulled my thoughts back into the moment and began taking tiny steps forward, eventually making my way across the pole. It was a mental challenge I conquered.

Author Eckhart Tolle wrote, "When you become comfortable with uncertainty, infinite possibilities open up in your life." This quote reminded me of **Indiana Jones**. Throughout the movies, you see how action-oriented Jones is. When faced with villains or overwhelming impasses, he is able to embrace uncertainty and just be in the moment. He is not worrying about the future or dwelling on the past. Jones lives in the now, allowing him to stay focused, clear-headed and decisive.

Our movie heroes can mirror our hidden abilities to face the unknown. You just need to remember that fears are about events that have not happened yet. They are not real. The only thing real is what is happening in the here and now.

So when you feel stuck and fearful in life, do your best to be in the moment, and face your challenges head on.



**EMMANUEL  
LOPEZ** (A.K.A.  
MOTIVATORMAN)  
IS A  
MOTIVATIONAL  
SPECIALIST WHO  
USES MOVIES TO  
HELP OTHERS  
INCREASE THEIR  
OPTIMISM.