

### ENGAGE

#### *Engage with life!*

To have a life is to engage with life. To have fun, excitement, and relationships is to engage. Participate. Get involved. Get active. Reach out. Start. Take the first step.

Some people live lives of quiet desperation. It's boring. It's empty. There is nothing to do. Well, engage.

When we engage, when we make the call, and when we make the effort, it works. We get involved. Involvement leads to more involvement. Involvement leads to relationships. Relationships are life itself, rewarding and exciting.

If we call, if we try, if we take a risk we could fail. Then, what would others say when we failed? What would happen if people saw us fail? If I fail will others reject me? Will they think I am foolish?

Yes, fear of failure, fear of ridicule, and fear of peer pressure holds us back. But, if we are not engaged, if we are not doing, we have already failed. We have failed to engage, failed to try, and failed by default. Our friends see that failure is in not engaging. They already have an opinion of us so let it go.

People respect people who engage. We all 'fail' when we engage until we succeed. People forget the failure and remember the success. People also admire others that do engage, that do try.

How often have you only to realize that you accomplished the task faster and easier than expected? How often have you stressed and delayed far longer than the time it took to engage and accomplish?

What happened as you learned to walk? What happened as you learned to ride a bike? You fell. You fell over and you fell off the bike. You fell many, many times before you learned. As a child you knew that to live a life of excitement and accomplishment you had to engage, and you did. So, why as an adult, do you fail to engage? Why do you worry and stress?

As a kid you engaged and succeeded after learning. That is life and continues to be life until we die. Remember the first time we do something it is the worst, but also the current best. With practice we get better and better.

So, what do you want to do, what have you been thinking about, what does your heart tell you to do, that you have yet to engage in? Is it not time to engage right now?