

Step

It is all in the first step.

I remember my first step. It took me a while, after first standing, to take that first step.

First I had to stand and hold onto something. Then, slowly I was able to let go, wobble, and fall. Finally, I could stand for more than a few seconds. Then, all of a sudden, I could stand for a long time. Next, I could pick my foot up and move it without falling any more.

At last, the first step. Well, that was the toughest. But, now, it is a fond memory as I can walk around the house. My world has dramatically increased, there is so much more to see and explore. Boy, am I glad I walked. I had no idea what awaited me.

I only know to continue, to work at it, to work at it till I get it, and to take that first step, literally and figuratively. Somehow I know it is all in the first step and the first years of my life are all about the first steps.

The first step is the hardest, but it is always so rewarding. It opens up new worlds, new avenues, new growth, and new opportunities. Kids somehow know this and continue to take first steps .

Many adults seem stuck. They just repeat what they have done, have stopped growing, stopped exploring, and live a life of quiet desperation. They are afraid to take that first step. Fear stops them for all that awaits them. Don't you remember you used to take that first step? So, why be afraid now?

Hey, I feared falling when I first stood up and then when I took my first step. I had a greater fear also. That was the fear of being stuck, not growing, and not taking advantage of all there was to offer if I just took a step. So, it may have been hard, but it was easy, exciting, and empowering to take those steps.

So, look at your fear from both sides. Which is worse? Sure, the answer is simple, it is the fear of inaction and all that you would miss

and lose out on. Did you know that, at the end of life, the biggest regret is things not done?

Grandpa says the first is the worst. Me, I say the first is the current best. Sure, there will always be a new and better best, but right now we have to be interested in the current best.

Me, I hope to never learn the fear that prevents me from being all I can be and experiencing all I can experience. Why not come along with me? Why not live the life you desire? Remember, do that which you fear and the death of the fear is certain.

Why not take that step today? You have nothing to lose and everything to gain.