

*“What would life be if we had no courage to attempt anything?”
- Vincent Van Gogh*

I have been thinking lately about trying a few things I always wanted to do. You know those things on your life list? The stuff you're going to do someday. The "I don't have time for that now" stuff. Someday, someday, someday... I decided now is my someday.

It is a bit scary to try a new activity. Fear is a huge non – motivator. It does take courage to pick up the phone, make that appointment or sign yourself up. The dictionary says courage is the ability to face danger without fear. I don't know that everything we would attempt or try to do would have the danger factor attached to it but definitely fear!

I am taking ice skating lessons. I have always loved ice-skating and did it all the time as a child. When my children were preteens we would skate as a family. It was a lot of fun. Of course my children were better, faster and braver than I. I haven't been on skates in 4 years and decided I wanted to learn how to stop without running into the boards and how to skate backwards. It was a little intimidating making that call. I had been thinking about this since October but fear held me back. I am so happy I found the courage to sign myself up. The lady in charge of the skate program told me I might be the only adult and would have to learn with the little ones. How embarrassing could that be? Again, fear of falling and looking like a fool in front of a bunch of little ones almost made me not go. Am I ever glad I did. It was the most awesome feeling to step on that ice. I forgot to mention that the lessons are held at the exact rink I took my son and daughter to for their first ice skating experience. It was a little tough being in that building and remembering how brave and full of courage they both were. They are my inspiration and I think they would be proud of their Mama at the age of 47 for trying something she always wanted to do.

There are examples of courage all around us. People battling disease, family illness, and loss. It does take a lot of courage to face these things each day. We need to try new things or attempt to recapture the feelings of activities lost because if we don't what would life be like?

Barb