Is Fear Holding You Back?

You can do anything as long as you never give up! Just do it!

We fear the the unknown because it has an element of failure. In this cute video a monkey is taking a dog for a walk across a river with large stones. The monkey and the dog come into some tricky situations where fear creeps in and they figure out how to overcome their fears.

Movie Link (01:31)

https://www.youtube.com/watch?v=b-RwtTiCo6Y

Motivational Discussion Questions (Select One)

- Share a situation where you were holding yourself back because of fear, yet you broke through. What happened? How did you overcome the fear?

- What are your current fears that may be holding you back? What experiment can you do to help you conquer your fears?

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