

## Taking the Field

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Imagine for a moment, a stadium packed with 100,000 obnoxious, crazed fans, watching a select group of 18-23 year old men running around on a 100 yard piece of grass, while their trainers yell signals to them. It's college football time again, and the atmosphere that encompasses the amazing event is indescribably electric. The select group running up and down the field are confident in their abilities. They have worked hard in training their physical and mental skills. They know practice has paid off, and, in this venue of their life, *fear of failure* is not an option. These men have chosen to *take the field* with confidence.

Although a select group *takes the field*, another group takes a seat . . . on the sidelines. Dressing in full gear and waiting for their turn to get in on the action, the benchwarmers could be great at their craft, but they have a fear of failure. Their skills are not seen by hundreds of thousands of people because their minds are convinced they could fail and let the team down. In several ways, I am like the player warming the bench. I am not ready to *take the field* because I do not completely believe in myself. I am lacking complete confidence in what I am truly capable of.

Although, I contain everything inside of me to become successful, my mind doesn't fully believe in my ability yet. My mind chooses to believe I could fail at things I know I will be very successful at. The player on the bench is warming it because he does not believe he is ready to play with the big boys. Sure, he's put in hard work, but his mind holds him back. Like the bench warmer, I have put in hard work, but since I don't completely believe in myself, I fear *taking the field*. Once I choose to take the field with confidence, I know I will be an unstoppable force to be reckoned with. But, for now, I choose to work hard with the rest of the team until my mind is completely convinced I can step into the game I was born to play.

The majority of my life I have been the bench warmer; trapped in fear that lives in my mind. Now that I am aware of my *fear of failure*, I am ready to step into the game. I choose to believe in myself the natural abilities and skills I was born to play with. The game won't be hard because I have qualified myself with skilled practice. I am ready, but I wonder: Are you warming the bench too? Is there an area of life where you are convinced you will fail? Have you chosen to work hard, but fear what you are working for won't ever allow you to *take the field*? Do you know, like most college football players, that you are skilled, but you would rather watch from the bench because it is safe? If you are like me, afraid to *take the field*, don't be! Step out with me now and play the game you were born to play. Be successful where your natural abilities lie, and do not fear failure anymore. Choose to *take the field*!