



The Other Side

by Joe Gandolfo

In April's article, I shared a story to highlight a point -- that each of us has untapped potential. When this potential is embraced and used, it can have a powerful impact on our lives.

Think about a 2%, 5%, 10% shift in how we are living our lives at home, school, work and play. Small shifts and changes can powerfully impact our lives. But what gets in our way? What obstacles must we overcome? One major obstacle for people is *fear*, and *fear* can be limiting at best and paralyzing at worst.

My family and I went camping over the spring break holidays. We camped at a beautiful State Park -- Falls Creek Falls -- in Tennessee. It is a wonderful place to visit and explore with breathtaking views, hiking trails, and waterfalls.

Some of the hiking trails have suspension bridges connecting the trails over vast gorges, some bridges being more than 100 ft. high. Like the one in the Indiana Jones movie. As my wife, two boys and I approached a very long bridge suspended at least 100 ft. high, my oldest son quickly took off across the bridge and yelled for the rest of us to join him.

As I approached the bridge, while he was crossing, I yelled out to him the typical parent concerns -- "*Be careful!*" "*Hang onto the rail!*" "*Walk slow!*" "*If the bridge breaks....*" *What was I thinking? What was I feeling?*

I became acutely aware of an enormous amount of fear for him, and fear in me while I was crossing this high bridge. When he got to the other side, he turned, waved and yelled, "*Come On Dad!*" I walked slowly across the bridge noticing an incredible amount of fear and runaway thinking happening with me, which had me considering not going forward. My son was on the other side and I had a choice, to let the fear stop me or not.

As I walked across the bridge the fear increased profoundly inside of me until I got to the other side. Once I was over the bridge, my son and I high-fived and walked back across the bridge. As we walked back across I experienced no fear. *What happened to the fear?*

That experience highlighted this point to me. That there are times in our lives when we want to do something -- be a better student, be a better parent, improve our personal or work lives, improve ourselves athletically or go after OUR DREAM -- but fear can creep up inside of us and thus becoming unsure of ourselves. Unsure if we can achieve – “getting to the other side”. Most of the fear that stops us from achieving what we want or need to do to improve our lives, is nothing more than self limiting beliefs.

If we will just manage and control our thoughts, take the risk, follow with the appropriate steps and embrace our fear(s) – WE CAN ACHIEVE our goals.

Listen to Joe’s free daily podcast – ***Teen Success Radio*** – available on iTunes. His new book ***The Greatest Teenage Myth in the World*** is now available @ www.JosephGandolfo.com or www.TheGreatestTeenageMythInTheWorld.com

Joe Gandolfo is on a mission to ***champion the greatest commodity in today’s world – our youth, teenagers, young adults and college students***, and to rally, strengthen and energize the adults – parents, educators, mental health professionals and organizations - who work with and care about our greatest commodity in the world.

Joe works as a ***professional speaker, success coach, seminar leader motivational counselor and author***. He brings 20 years experience working with youth, teen-agers, student-athletes, professional athletes, adults, parents, educators, public and private schools, organizations and associations.

His clients have included: *Georgia Tech Athletic Association, Rockdale County Schools, Cobb County Schools, Cobb Teen Leadership, YMCA, Childcare Resource Network, University of Clemson, University of West Georgia, PGA of America, Milwaukee Brewers, Coca-Cola, SouthCoast Hospitals, Owens-Corning and MPI Georgia Chapter.*

He has been an adjunct professor at Georgia Tech (1996-2000) and Georgia State (2005-06). He was on staff at the Homer Rice Center for Sports Performance (2000-07). He has had a private consulting practice since 1991.

To inquire: 678-640-0000, joe@JosephGandolfo.com, www.JosephGandolfo.com