

# CHICKEN

## *Are you chicken? Do you date?*

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You can't get to where you want to go with your foot on the brake. You can't do it if you don't believe you'll do it.

How often has being a chicken stopped you from doing something? How often do you look back with regret at things not done, things not attempted?

We can't live in the past and we can't live with what might have been. We live with what we have done and not done.

The past is gone; and we can only change our view of it. The future is always ahead of us, sort of like the horizon that we never reach.

Today, right now, is the only time we can do something. Our attitude and belief at the beginning determines the outcome. If we are chicken we make excuses in advance for our failure, or if we don't even try, we'll never do it. We'll never know how far we could have gone, how high we could have reached.

Life is to be lived. Life is to be an adventure; and the only one stopping you from having the adventure is you. Today is all you have. If you are going to do it, today is the day to start the adventure. Today is the day you can start the planning and schedule it.

No risk, no reward. No risk, no adventure. No risk, no growth.

There is no life for the chicken. The chicken lets life pass him by. The chicken only wishes.

What do you want to do that you have been afraid to attempt? Why not challenge yourself to do it? If you don't succeed at the first attempt, know that it was just practice and with enough practice you will do it. Yes, it's that simple. Keep trying till you get it.

How awful is it for you living with the secret that you were too chicken to attempt something? Does it bother you? Do you dwell on it?

Take your foot off the brake of life. Let yourself go, do, and be. No excuses. No holding back. Just do it, just do it, just do it now.

Make a list of your top ten accomplishments. I bet you were chicken when you first thought of doing some of them. Now, you are not a chicken, but proud. Well, there are many more things you can be proud of if you'd just do them.

You are good enough, you are smart enough, you have enough time, you are young enough, you are, you are. You are not a chicken so don't pretend to be one.

You can do it.