

Be Prepared. (Make decisions about standards and values before a crisis comes. This will help you think more clearly and give you the courage to act correctly. Be prepared to stick to your decision despite pressure and emotions.) Discuss a time in your own life when being prepared helped you to overcome a fear or try something new.

Be Teachable. (Be willing to listen and learn. Look at and analyze the situation as objectively as you can before trying it. Beware of stubbornness and false pride. Listen to the Spirit for guidance.) Discuss a time in your own life when being teachable helped you overcome a fear or try something new.

Have a Positive Attitude. (Know and feel your worth as a child of God. Remember that you were sent here to succeed. You have talents and abilities that will grow stronger as you use them.) Discuss a time in your life when having a good attitude helped you overcome a fear or try something new.

Pray. (Prayer is a source of strength that can give you courage to try and to overcome fear. The Holy Ghost will help guide and strengthen you.) Discuss a time in your own life when praying helped you overcome a fear or try something new.

Have Confidence. (Realize you have many resources to help you when you try new things. You have a mind to reason with; family, Church leaders, teachers, friends, and the scriptures to rely on.) Discuss a time in your life when having confidence made all the difference in overcoming a fear or trying something new.

Do Your Best. (Your best is all that is required in trying anything new. Do not be afraid to fail, for trying makes you better even if the results are not as perfect as you would wish.) Discuss a time in your life when doing your best helped you overcome a fear or helped you try something new. (even if you didn't succeed)

Read and Learn. (Sometimes reading about how to do something or improve a weakness can give you the confidence to want to try it. Also, reading about different things improves your knowledge and helps you want to participate more readily.) Discuss a time in your life when reading about or learning about a new skill helped you overcome a fear or try something new.

Ask for Help. (We have many sources who would be willing to help us, including Divine Help, parents, other relatives, teachers, friends, or others who have tried to accomplish a similar task. We should recognize the value of using other's expertise to help us.) Discuss a time in your life when asking for help was instrumental in helping you overcome a fear or trying something new. Also, tell who you asked for help.

Esther means “star.”

Be a shining star and use her example.

Have the courage to walk new
paths and confidently overcome
your fears and weaknesses.

Esther means “star.”

Be a shining star and use her example.

Have the courage to walk new
paths and confidently overcome
your fears and weaknesses.

Esther means “star.”

Be a shining star and use her example.

Have the courage to walk new
paths and confidently overcome
your fears and weaknesses.

Esther means “star.”

Be a shining star and use her example.

Have the courage to walk new
paths and confidently overcome
your fears and weaknesses.

Esther means “star.”

Be a shining star and use her example.

Have the courage to walk new
paths and confidently overcome
your fears and weaknesses.

Esther means “star.”

Be a shining star and use her example.

Have the courage to walk new
paths and confidently overcome
your fears and weaknesses.

Esther means “star.”

Be a shining star and use her example.

Have the courage to walk new
paths and confidently overcome
your fears and weaknesses.

Esther means “star.”

Be a shining star and use her example.

Have the courage to walk new
paths and confidently overcome
your fears and weaknesses.

Esther means “star.”

Be a shining star and use her example.

Have the courage to walk new
paths and confidently overcome
your fears and weaknesses.

Elder F. Enzo Busche:said: "It takes courage and commitment to follow the promptings of the Spirit because they may frighten us as they lead us to walk along new paths, sometimes paths that no one has walked before, paths of the second mile, of acting totally differently from how worldly people act. For instance, we may be prompted to smile when someone offends us, to give love where others give hate, to say thank you where others would not find anything to be thankful for, to accept jobs that others would be too proud to do, to apologize where others would defend themselves, and to do all the seemingly crazy things that the Spirit prompts a righteous, honest, listening heart to do" ("The Only Real Treasure," New Era, Dec. 1979, p. 5).

Elder F. Enzo Busche:said: "It takes courage and commitment to follow the promptings of the Spirit because they may frighten us as they lead us to walk along new paths, sometimes paths that no one has walked before, paths of the second mile, of acting totally differently from how worldly people act. For instance, we may be prompted to smile when someone offends us, to give love where others give hate, to say thank you where others would not find anything to be thankful for, to accept jobs that others would be too proud to do, to apologize where others would defend themselves, and to do all the seemingly crazy things that the Spirit prompts a righteous, honest, listening heart to do" ("The Only Real Treasure," New Era, Dec. 1979, p. 5).

Elder F. Enzo Busche:said: "It takes courage and commitment to follow the promptings of the Spirit because they may frighten us as they lead us to walk along new paths, sometimes paths that no one has walked before, paths of the second mile, of acting totally differently from how worldly people act. For instance, we may be prompted to smile when someone offends us, to give love where others give hate, to say thank you where others would not find anything to be thankful for, to accept jobs that others would be too proud to do, to apologize where others would defend themselves, and to do all the seemingly crazy things that the Spirit prompts a righteous, honest, listening heart to do" ("The Only Real Treasure," New Era, Dec. 1979, p. 5).

Elder F. Enzo Busche:said: "It takes courage and commitment to follow the promptings of the Spirit because they may frighten us as they lead us to walk along new paths, sometimes paths that no one has walked before, paths of the second mile, of acting totally differently from how worldly people act. For instance, we may be prompted to smile when someone offends us, to give love where others give hate, to say thank you where others would not find anything to be thankful for, to accept jobs that others would be too proud to do, to apologize where others would defend themselves, and to do all the seemingly crazy things that the Spirit prompts a righteous, honest, listening heart to do" ("The Only Real Treasure," New Era, Dec. 1979, p. 5).

Elder F. Enzo Busche:said: "It takes courage and commitment to follow the promptings of the Spirit because they may frighten us as they lead us to walk along new paths, sometimes paths that no one has walked before, paths of the second mile, of acting totally differently from how worldly people act. For instance, we may be prompted to smile when someone offends us, to give love where others give hate, to say thank you where others would not find anything to be thankful for, to accept jobs that others would be too proud to do, to apologize where others would defend themselves, and to do all the seemingly crazy things that the Spirit prompts a righteous, honest, listening heart to do" ("The Only Real Treasure," New Era, Dec. 1979, p. 5).

Elder F. Enzo Busche:said: "It takes courage and commitment to follow the promptings of the Spirit because they may frighten us as they lead us to walk along new paths, sometimes paths that no one has walked before, paths of the second mile, of acting totally differently from how worldly people act. For instance, we may be prompted to smile when someone offends us, to give love where others give hate, to say thank you where others would not find anything to be thankful for, to accept jobs that others would be too proud to do, to apologize where others would defend themselves, and to do all the seemingly crazy things that the Spirit prompts a righteous, honest, listening heart to do" ("The Only Real Treasure," New Era, Dec. 1979, p. 5).

Elder F. Enzo Busche:said: "It takes courage and commitment to follow the promptings of the Spirit because they may frighten us as they lead us to walk along new paths, sometimes paths that no one has walked before, paths of the second mile, of acting totally differently from how worldly people act. For instance, we may be prompted to smile when someone offends us, to give love where others give hate, to say thank you where others would not find anything to be thankful for, to accept jobs that others would be too proud to do, to apologize where others would defend themselves, and to do all the seemingly crazy things that the Spirit prompts a righteous, honest, listening heart to do" ("The Only Real Treasure," New Era, Dec. 1979, p. 5).

Elder F. Enzo Busche:said: "It takes courage and commitment to follow the promptings of the Spirit because they may frighten us as they lead us to walk along new paths, sometimes paths that no one has walked before, paths of the second mile, of acting totally differently from how worldly people act. For instance, we may be prompted to smile when someone offends us, to give love where others give hate, to say thank you where others would not find anything to be thankful for, to accept jobs that others would be too proud to do, to apologize where others would defend themselves, and to do all the seemingly crazy things that the Spirit prompts a righteous, honest, listening heart to do" ("The Only Real Treasure," New Era, Dec. 1979, p. 5).