

## No Fimage = No Fear of Image



**FIMAGE: the fear of our image that holds us back from being the person we want to be and doing the things that will move our lives forward.**

If we live in constant fear of maintaining our image, life will pass us by. How much energy do we use “acting” that could be spent “living”? Let it go and enjoy who you are. If not you, then who? If not now, then when? Step out of your comfort zone and drop your *fimage*. When you let go of your fimage, you’ll learn and experience growth.

Look at the scenarios below and consider how you would respond to the situation with and without fimage guiding your actions.

**Scenario #1:** You’re thinking about trying out for the soccer team at school, but you’re not sure if you’re good enough to make the team.

Fimage response:

No-fimage response:

**Scenario #2:** You really want to stop a habit that doesn’t feel good or improve your life, such as smoking, using offensive language, or making fun of people at school who have no friends. If you stop, you know your friends will notice and may make fun of you.

Fimage response:

No-fimage response:

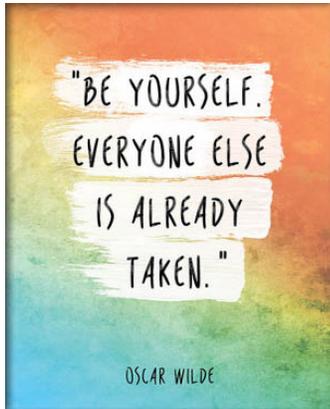
**Scenario #3:** You think you know the answer to a teacher’s question in class and are thinking about raising your hand to answer, but you’re not sure your answer is the right one.

Fimage response:

No-fimage response:

Look at your responses and think about scenarios you’ve personally experienced. Think about how often you go the route of the fimage response—it’s easier, it’s more comfortable, you don’t risk failing, being different, or feeling embarrassed. Now think about how you feel when you choose the no-fimage response. Whether or not you make that team, or kick that habit, or get the answer right, you feel good—you’ve moved forward, you’ve stopped worrying about maintaining your image, you’ve grown and learned from the experience. And best of all, you’ve stepped out of your comfort zone! And each time you step out of your comfort zone—into your learning and growing zone—your comfort zone grows and stepping out of it gets easier and easier.

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### **Be Yourself – Everyone Else is Already Taken**

In case you've missed this three-part article in our Excellent Learner newsletter, now might be a good time to check it out on our blog:

<http://www.supercamp.com/be-yourself-everyone-else-is-already-taken-part-1-of-3/>.

As Dr. Seuss said . . .

**"There is no one alive who is youer than you!"**