

URL: <https://stvp.stanford.edu/clips/run-towards-your-fear>

Fear, observes Hipcamp founder and CEO Alyssa Ravasio, is often a good indicator of what you actually want to do with your life. She encourages a practice of understanding and confronting fears, rather than thinking of fears as signposts of where not to go.



Transcript

- I think that fear is always a good, 00:00:07,880 often a good indicator of what you really want to do.. - Oh, wow..
00:00:12,230 - And so I've always had a good practice of like 00:00:13,070 what am I afraid of? Let me really understand it and let me run into the fire.. But I wish I had done more of that faster, actually, because I think that, I'm of the opinion that any decision that you make from fear in general is a bad one unless you're actually like life is in danger.. So yeah, I wish there was more understanding on my part around just how valuable understanding what you're afraid of can be in terms of what you really want to do and go and be in the world..