

## **EP8 Taking Risks**

“Life is either a daring adventure or nothing at all.” — Helen Keller

We must take risks if we want to increase our chances for success in life. The more risks we take, the more confident we become. In this episode, I talk about the importance of taking risks, why we need to overcome our fears of risk taking, and the benefits we receive when we take risks in pursuit of our goals and dreams.

Thanks for listening :)

Emeka's Takeaways:

### **Why it's important that we take risks in life**

- Risk makes us feel alive
- Risk stretches us and helps us grow
- What is the worst that could happen?
- Don't let your fear of failure stop you
- Find your true calling

### **What are the benefits that come from taking risks**

- Embracing Risks help you overcome your fear of failure
- It boosts confidence
- Your dreams depend on it
- It helps you explore new opportunities