



There was a boy of age fourteen who hated speaking in front of the class. Whenever a teacher asked him to give a presentation, he became nervous.

"What if I forget what to say?"

"What if I make a mistake?"

One day, his class had to give a short presentation for a history project.

For days, the boy worried about it. He even thought about asking the teacher if he could skip it.

When he told his older sister how he felt, she asked, "What happens if you don't even try?"

He thought about her question. If he never tried, he would never know what he was capable of.

The night before the presentation, he practiced a few times at home. He wasn't perfect, but he felt a little more prepared.

The next day, his heart raced as he walked to the front of the classroom.

At first, his voice shook. But after a minute, he relaxed and focused on his topic.

Soon, he was speaking with confidence.

When he finished, the class applauded.

His presentation wasn't perfect. He forgot a small detail and stumbled over a few words. But he had done it.

As he sat down, he realized that his fear had been much bigger in his mind than it was in reality.

After that day, presentations still made him nervous. But now he knew that trying was better than letting fear stop him.

Question and Heart-work

Can you think of something that felt scary at first, but once you tried it, it became easier?