

Listen to Will Smith and enjoy the speech. Then, on the second time you watch, start completing the gaps with one word.

So, for me, the daily confrontation with fear has become a real practice for me since about three years ago. I went skydiving in Dubai, right! As skydiving, skydiving is a really confront with fear, right.

So, I got to stand up. So, all your friends... What happens you go out, how you... Oh sorry, drop my thing... So, what happens is you go out the night and you-you know. You take a drink with your friends and somebody says, "Yeah! We should go skydiving tomorrow." And you go, "Yeah, we'll go skydiving tomorrow." Yeah, yeah! Yeah, right? And you go home by yourself, you like, "hmm..." You like, "Well, yeah." I mean, they were too, right? So, maybe they not, maybe-maybe, I mean. We don't have to go. We don't have to do it. So then, that night you're laying in your bed and you just keep "hmm" and you're terrified. You keep imagining over and over again jumping out of an

....., and you can't figure out why you would do that, right! And you're laying there you have the worst night's sleep of your life but you still have the hope that your friends were drunk, right. So, you wake up the next day. You go, you know, down. You say where you were going to meet and everybody's there. You're like, "Oh shit!" Alright, alright. Cool, cool, cool, cool, right!

So, you get in the and you don't know that your friends have the same night that you had 'cause they're pretended like they didn't it. Like, "Yeah, man! My uncle's a Navy SEAL and, you know, this is going to be great. I've been looking to this." You like, "Oh my god! Oh my god!" And your is terrible. You can't eat and everything but you don't want to be the only funk who doesn't jump out of this airplane. So, you get there and then you have the safety brief. And you're standing there and the guys will tell you what the chute doesn't open what's going to happen is, you're doing... What... Would... What could happen?

The chute, the chute would open, right? So, you do a thing and what you do is your first jump you're attached to a guy who is going, you know, he's going to walk you out. So, you go and you get there, and there's an airplane and nobody's stopping. Everybody's still going. So, you get onto the airplane and you're sitting there, and, you know, it's extra because you're sitting on some dude's lap, some stranger you sit on his lap. And it's all you know. You got trying to make talk, "Yeah man!" So, you-you've been jumping with people all the time. Right. You know.

So, and then you just want to make sure, "You got, you got kids, right? You got people you need to right?" Just want to make sure he's serious, right. So, you get in there. So, everything's So, you fly and you go up, you go up, you go up, you go up to 14,000 feet, and you notice there's a It's red, and it's yellow and green. Right. So right now, the lights red. So, then you start thinking at some point the lights going to go green because you don't know what's going to happen, right. And you wait, and it goes yellow, and the light goes green, and somebody the door and at that moment, you realize you've never been in a freaking airplane with the door open. Right! Terror!!! Oh sorry, I spit... Oh sorry... Terror! Terror! Terror! Terror! Right!

So, you go and then, you know, if you're, if you were you sat in the back, so you don't go first, right. And then, people start going out of the airplane, and you go, and the guy walks you up to the of the thing and you're standing and your toes are on the edge, and you're looking out down to And they say, "On three!" And they say, "One, two..." And he you on two because people grab on three, right. And you go... And you fall out of the airplane and in one second you realize that it's the most blissful of your life. You're right. It doesn't feel like right. It's like that you, actually, are kind of held a little bit by the wind and then, you start, and you start falling, you falling, and you, there's zero fear.

You realize that the point of maximum danger is the point of minimum It's bliss! It's bliss! And you're flying.... And you're doing it... And then 20 seconds, 25 seconds, 40 seconds, and you have enough time to just kind of like, "Ah! That's that building I saw that morning... Oh, I can see the ocean..." Right? You start doing all of that, and the lesson for me was: Why were you scared in your bed the night before? Why did you... what do you need that fear for? Just don't go! Why are you scared in your bed 16 hours before? You jump? Why are you scared in the car? Why could you not enjoy breakfast? What would... What would you need that? Fear is... Fear of what?

You're now where to even near to the airplane. Everything is up to the stepping out. There's actually no reason to be scared! It only just your day. You don't have to jump. And then, at that moment all of a where you should be terrified is the most experience of your life, and God placed the best things in life on the other side of On the other side of your maximum fear or all of the best things in life. You know, so that was... oh, sorry. So, that was, yeah, that was, that was my experience with skydiving and fear.