

THE FEAR PROJECT

Lucia Kossarova

Co-founder of the non-profit organization Provida

"Focus on the positive aspects."

"Change what you can on the tough part of your life and embrace the rest."



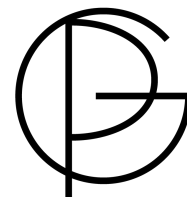
What you can do now to face your fears:

- Start with yourself and improve the little things in your life.
- No matter how much or how little you have, do something for others.
- Have empathy with others and their situation, relate on a human level.

Remember:

- Fear is an opportunity.
- Change your perspective.
- Let go.

Do not underestimate the impact that small changes in your life can have on society.



[Watch the video](#)

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