Twitter Thread by Helen Lee Moon ■



Helen Lee Moon ■
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It took me 20 yrs to start writing online. ■

Why? Because I was:

• Not a "writer"
• Afraid to look like a fool

I am now 40.

Finally said ENOUGH. Since March 12th, I published 17 essays & now active on Twitter.

Here’s what these 20 long years taught me about Courage:

■■

Lesson #1: Courage unused shrinks

20 yrs ago I wanted to:
• Write about my crazy dating stories

10 years later, I wanted to:
• Write about my career change from Wall St to Michelin kitchens

Did I?

Nope.Nada.Zilch.

I didn't exercise courage and it kept shrinking & shrinking

Lesson #2: Courage doesn't mean you're no longer afraid

20 yrs ago, I was afraid to write b/c I didn't want to be judged.

Today, I write, publish & engage even though I'm still afraid of the same.

The only difference between the two is taking that uncomfortable action anyway

Lesson #3: Courage is listening to the inner voice

20 yrs ago, writing online was a big desire in my heart, but I shushed it.

Today, I can no longer shush it b/c if I kept at it, a part of me may die.

The only difference between the two is actually listening & taking action.

Lesson #4: Courage requires faith

20 yrs ago, I only relied on myself. I would've been devastated if I failed.

Today, I have a deep faith in God. Even if I fail, I'll be ok regardless.

The big difference between the two is believing & trusting in something bigger than yourself

TL;DR: 4 lessons learned about Courage after waiting 20 yrs to write:

1. Courage unused shrinks
2. Courage doesn't mean you're no longer afraid
3. Courage is listening to the inner voice
4. Courage requires faith

Pls don't wait 20 yrs to take the courageous action as I did!

If you enjoyed this thread:

1. Follow me as I write the untold stories of the past 20 years → @helenleemoon

2. Here's another similar story on how I took action w/ courage against all resistance: https://t.co/aiboUjfIfd

> My love story about what @Match taught me about breaking through the resistance to find my happily ever after! \U0001f497#ship30for30 #mylovestory #breakthrough #thiscouldbeyoutoo \U0001f447\u2b07\U0001f447\u2b07\U0001f447\u2b07 pic.twitter.com/bHZhXsp88p
>
> — Helen Lee Moon \U0001f6a2 (@helenleemoon) March 16, 2022