

Be Fearless

In a world run on fear, **courage is much needed.**

“It is not death that a man should fear, but he should fear never beginning to live.” – Marcus Aurelius

Courage and Audacity

When it comes to everyday life, I believe we must approach every moment **without fear**. In street photography, it’s the same. **Approach the world as a playground** with childlike curiosity and courage.

No More Doom and Gloom

I believe the news pushes fear onto the general population. To combat this, **disconnect and go off the grid**. Stop watching the news, TV, and social media. Be **insanely optimistic** for the betterment of humanity. Spread kindness and joy. At the end of the day, the smallest thing we can do is **smile**.

It’s Better to Be the Gay Monster Than a Sentimental Boar

When you approach life with wonder and awe, without preconceived notions of what’s out there, you go through life **headstrong and without fear**. Recognize that everything is ultimately out of our control. Embrace the chaos playfully, and **without care**.

Increase Your Tenacity

The word “tenacity” comes from the Latin word *tenacitas*, meaning “tenseness, firmness.” Derived from *tenax* (“tenacious, holding fast”) and related to *tenere* (“to hold”), tenacity reflects **determination and persistence**.

I believe that **grip strength is strength**. Overcoming fear requires physical training. My favorite exercise is the **farmer’s walk**: pick up two heavy dumbbells and walk with them. This helps with posture and grip strength. This full-body technique is critical in my everyday routine and has **increased my tenacity**.

Embrace Confrontation

People have become afraid of confrontation. Perhaps it’s a symptom of post-COVID society. The antidote is to be **more confrontational**. Open doors for strangers, compliment others, say hello to janitors, talk to security guards—just have fun with everyday interactions.

In street photography, embracing confrontation can help **overcome the fear of rejection**. Try asking for permission to make portraits of strangers. If they say no, great! This is a way to **embrace failure** and push forward with your photography.