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Floyd Isley, Regional Sales Manager  336.408.8469  [floyd.isley@atriumhospitality.com](mailto:floyd.isley@atriumhospitality.com)

# To Be Without Fear Is To Be Free

Anthony DeNino

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February 18, 2026

## To Be Without Fear is to be free

by Anthony DeNino

I have a challenge for you.

Go through today with nothing but courage. Be brave. Be bold. And do not let fear – *of failure, of embarrassment, of trying something different* – play a role. Can you do it?

You can.

Admittedly, it'll be a challenge because it has become ingrained in so many people that we have to, "think things over", "obsessively weigh the pros and cons", or "decide to sleep on it", that we will oftentimes miss out on opportunities that will improve our lives. To be clear, I'm not suggesting, as Jim Carrey did in the movie, "Yes Man", saying yes to everything. However, what I am suggesting is that you take the nature of that concept...not letting fear rule your life...and watch the magic unfold.

Your mindset can take you to unlimited heights...or take you down to limitless depths. Here is your opportunity to choose the former.

Each and every day your thoughts...the feelings that go with them, speaking them, and the actions that follow...define who you are. You owe it to yourself to be in the best possible light, to set yourself up for your greatest successes, and to have the incredibly positive impact on the lives of those around you.

You are that special. You are that gifted. You are that talented. You are the light in the lives of so many others.

There's an expression I've heard over the years that goes something like, "*If you could only see in yourself what others see in you, you would never have another doubt about who you are and what you're doing.*" (Moms are notorious for uttering such beautiful words). When you walk into a room, have this thought. When you make a presentation at work, have this thought. When you are meeting someone for the first time, have this thought.

In case you missed it the first time, you are that special. You are that gifted. You are that talented. You are the light in the lives of so many others.

When "flipping this switch" in your mind, you are now setting yourself up for the life of your dreams. A popular sports term is "beast-mode" made popular by Seattle Seahawks running back, Marshawn Lynch, who went by that nickname when referencing his wildly successful running style.

I don't want you to be a beast, though admittedly, that's a cool label too. Let's just say that you are no longer reacting, you are now creating. And because you're now free from fear, we'll call it, "*Freedom-mode*". As in, you now have the freedom to explore new opportunities, freedom to be more open-minded, and the freedom to tap into your limitless capabilities.

Freedom-mode is akin to creating our reality as we are now walking through life unbound by fear, open to possibilities, and ready to accept all of the greatness that life has to offer. And in the process, you are now able to become who you truly are, accomplish all the things you've dreamed of, and meet the people whose lives you are meant to be a part of.

Whatever label you may choose, when you walk away from fear, you welcome freedom. And when you welcome freedom, you are now living your fullest, most enriching, and beautiful life. You are now creating your reality. And the possibilities are endless.

You are that special. You are that gifted. You are that talented. You are the light in the lives of so many others.

**Hear Anthony speak at the upcoming [2026 AENC Spring Conference](#),  
March 12-13, 2026.**

*Anthony DeNino is the Founder and CEO of CORE – Creating Our Reality. He inspires creation. The creation of ideas. The creation of dreams. And the creation of people's reality. He accomplishes this through his Keynote Speeches, Employee and Leadership Training, and Consulting work. Backed by his 25 years' experience in Corporate America, followed by nearly*

12 years as a business owner, he is also a Mental Performance Coach, Certified Stress Management Coach, and has helped leaders and employees through his One-on-One coaching. He is also a published author of the book, "The Power of Giving and Gratitude!" and the Co-developer of The CORE Project, the self-esteem, social skill building curricula designed for elementary school kids in Grades 3-5, and for 12–19-year-old boys and girls.

Please learn more at [www.CreatingOurReality.com](http://www.CreatingOurReality.com).

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