# Daniel Benjaminsson abstract elevator pitch:

When was the last time you truly felt alive? Was it at home watching TV, going to school like you do every day, or going to the same bar you go to every weekend?

Or was it when you took a risk?

When you walked up to a stranger and said hi, and suddenly became friends? Was it going on a spontaneus trip with no idea what might happen? Or taking on a seemingly impossible challenge and ended up overcoming it?

Human kind has survived around 200 000-300 000 years on this earth. One of the main reasons why is fear. An instinct helping us make desicions based on minimum risk.

In todays society we don’t need fear to survive on a daily basis. The problem is that since fear is an instinct we still make desicions based on fear every single day.

What if we actively stopped doing that? What if we start saying yes to the things our gut tells us to do? We would give ourselves soo many more opportunities to find new passions and friends. We would find ourselves in new situations allowing us to grow so much more than ever possible otherwise.

I mean who knows?

Maybe acting is your biggest passion. Maybe the guy next to you on the bus will become your best friend. Maybe that person smiling to you across the street turns out to be the love of your life.

There’s only one way to find out.

We regret the things we don’t do, not the things we do. So start seeking discomfort.

”The best things in life is on the other side of fear”- Will Smith

”If we want to be something we’ve never been, we have to do something we’ve never done”