



# Conquering Fears

Dr. Mae Jemison

Being afraid of heights would stop some people from becoming an astronaut, but not Mae Jemison, the first woman of color to travel to space.

She came face to face with her fear at an early age. In order to take the dance classes she desperately wanted to be part of, young Mae rode there and back on an elevated train through downtown Chicago. Later, she was asked to jump off of 15-foot platforms to train for a space mission.

She recalled asking herself, “**What is more important to me? Being afraid or being an astronaut?**” She chose the latter, determined not to let her fears outweigh her goals.

Harnessing fear is a part of figuring out how to corral, protect and value your energy, Mae explained at [Leadercast Live 2018](#). Each of us has to take ownership of our own physical, intellectual and emotional energies.

“**You can’t doubt yourself,**” Mae said of facing challenges. “**You just have to dare to do it.**”

## More Wisdom From Mae:

- It’s difficult to be **creative** when you’re really **fatigued**.
- What do you do with your place at the table? **You use it.**
- We have to be able to **lead**, but we also have to be able to **follow**.