

# 10 Myths: What's Holding You Back?

## *FEAR?*

- I don't know enough about sailing yet.
- I don't think I have enough money to support a boat.
- I didn't grow up around boats so this is too new to me.
- I don't know anyone to go sailing with.
- I live too far away from the water.
- I'm afraid of open water.
- I am prone to panic attacks when we go too fast or heel.
- I always wanted to live-aboard but there is no availability here.
- There is a long waitlist for slips here and other marinas.
- My husband/boyfriend doesn't want to do it/not supportive enough.

