

# **LIVING COURAGEOUSLY**

Courage in its purest form means taking a stand for love- love- of God, neighbor and self. Don't forget any of the three.

Confronting others can be difficult, even when you believe your position is right and your convictions are firm. Remember that respect is the virtue to honor here including respect for yourself.

Courage like its Latin meaning, "heart"- is at the center of your being. Continually enlarge your capacity for courage by continually enlarging your heart.

Courage means, literally, "heart- "- having heart. Its opposite is not cowardice but heartlessness. Have heart and take heart and you will always be courageous.

Courage empowers you to speak up for what you believe is right and to live according to your beliefs. Hold on to Your values and remain true to them in the face of challenges.

Being courageous means boldly going places where no one has gone before- or at least where you have never gone before. Take a first small step today even if that just means putting a reminder on your "To Do" list.

Courage enables you to turn crises into opportunities, problems into possibilities. Look at situations in terms of solutions and actions rather than dangers and threats.

Courage means daring to let your true self be known and be vulnerable. When you dare to let your true self out, you become alive and whole in your own eyes and the eyes of others.

Courage means taking risks, even. when doing so plunges you into the anxiety of the unknown. Act with faith.

Fear is only natural, and while it may seem a natural enemy, it can also be a friend that physically protects you and educates and motivates you in other ways. Respect fear for all its good and bad, and you will find the courage to deal with it.

Make a list simple things that have worked in the past to give you courage: a phrase of saying or prayer, a physical or mental exercise, a book or article a memory or experience. Draw from these reliable sources and build on them.

Not everything is worth fighting or taking risks for. Not everything is a contest for you to win or lose. Know yourself first and what you most firmly believe in. Then you'll know what is worth, courageously holding out for.

You may know more about courage than you think you do. Take time to recognize & appreciate the many ways you are already courageous.

When your risk taking affects the people you love, take them into account. There are ways to respect the needs of everyone involved without compromising your guiding principles.

No matter how diligently you pursue them, some of your dreams may never be realized. It takes courage to admit that. Pat yourself on the back for facing reality- and then discover the many new dreams the world still holds for you.

Don't mistake nervousness for lack of nerve or feeling afraid for lack of courage. You can still be brave even when you don't feel brave. Courage doesn't erase fear; it challenges & transcends it.

Your courage can be an inspiration to others, maybe even the inspiration needed to change lives. Don't underestimate the power of your example.

It's OK to think small when it comes to courage. When life is at its darkest, the smallest courage sheds great light.

Sometimes you need to make a leap of faith and trust that a divine Power will be there to help. A sure way for God to take your hand is for you to take God's.

Dreams remain only dreams until you act to pursue your special calling. Honor your call, and courage will accompany you.

Courage doesn't necessarily make things easy but it can make things possible. Don't look for courage to bring comfort or security. Look for courage to bring results.

Often people fall short, not because they've tried and failed, but because the fear of failure kept them from trying at all - courage means daring to make mistakes and then learning from them. Dare to err.

Courage takes Practice. With every courageous act you grow more courageous. Train yourself to be courageous by trying bit by bit, again and again.

It helps to know you're not alone in feeling timid or reluctant to stick your neck out. Talk out your fears with someone you can trust.

Let nature teach you the way of courage. Animals, Plants, wild and living things of every stripe and color know the art of taking chances. Learn from them.

Courage can come and go. Sometimes praying and waiting for the next supply will keep you going.

One of the best gardens for courage to grow in is a garden of surprises. Practice not needing to know what will pop up next. Practice trust.

Little people also teach us that true might is not a product of physical size or strength or stamina alone. There are David's and Goliath's, hares and tortoises in every culture, neighborhood, and family to learn from.

Acting forcefully and acting rightly aren't always the same thing. Don't confuse courage with brute force. Often only the force within needs to be exercised.

Let little people teach you the way of courage. They know innately that too much thought can sometimes get in the way.

Examine what you are telling yourself about a feared or threatening situation or event. You always have a choice of what to say to yourself and what you say will shape your feelings.

Courage is an everyday virtue. You can be courageous by getting out of bed in the morning as well as by setting off to slay dragons.

The sureness of God's personal love for you may sometimes be the only constant in your life to help you carry on. Don't lose sight of that love.

Courage is given not only to the lionhearted warriors on the battlefield or to those who perform great and famous feats of valor. Courage is a gift offered by God to all who will receive it.

You can be courageous in small, measured steps. You don't have to do everything, all at once, full force, right away, all the way. Do the next thing.