

Episode 45 – Having the Courage to Be Great

When I think of the word courageous, I think of greatness and someone who appears to be unstoppable. They are empowered, they are decisive, and they know exactly what they want.

“Courage is the most important of all virtues because without courage, you can't practice any other virtue consistently. “ Maya Angelou

Courage is something that everyone wants and it comes from your own thoughts and beliefs. For whatever you think and believe, your actions will be determined.

According to the Oxford Dictionary the word “courage” is “the ability to do something that frightens one.” To me it is about getting out of your own comfort zone or having the ability to take a risk without knowing the outcome.

You hear acts of courage such as the firefighter or the police who have run into danger where others retreat. Other heroes of courage include Rosa Parks, Martin Luther King Junior, Nelson Mandela, and Mother Theresa. You have even heard stories of the courageous lion in the Wizard of Oz and in the story of David and Goliath. **You have been courageous and sometimes you have silenced your courage because it means that you need to step out of what you know to be comfortable.**



Courage is equivalent to strength.

Courage is having the ability to say no and setting boundaries when people make unreasonable demands of our time money or resources.

Courage is acknowledging your fears and choosing to take action anyway.

Courage comes in the form of taking responsibility for your actions and the outcomes or results that you get.

Courage is being able to ask for help and knowing that in order to succeed you may need the help of others.

Courage involves trusting yourself and following your heart to dream bigger than ever.

Courage is standing up for what you believe in even when you don't know the outcome.

Courage is having the ability to forgive and not hold resentment.

Courage is giving up resistance and learning to trust the process regardless of the outcome.

Courage is persevering even when the odds are against you.

When have you been courageous?

It takes courage...

- *To ask someone on a date*
- *To ride a bike*
- *To try a new recipe*
- *To participate in a sporting activity that you never tried before like a triathlon*
- *To have a difficult conversation*
- *To chair a board meeting for the first time*
- *To go to a job interview*
- *To call someone for an interview*
- *To submit your manuscript for a book*
- *To pitch an idea*
- *To admit you made a mistake*
- *To introduce yourself to a stranger*
- *To eat dinner alone*
- *To go to a movie by yourself*
- *To share your fears*
- *To ask for help*

There are much more!!! You take it for granted that you may have lost your courage or believe that you never had any. You have had it all along. You just need to put it into action.

In order to be courageous and step into your greatness, you must be aware of your inner critic. The voice that talks you out of what you truly want to achieve. The voice makes assumptions about whether or not you will be successful and traps you with self-doubt and the fears of others. Shift that critic to your champion and speak words of affirmation and listen to empowering messages. If you are afraid to take on a challenge, start small and ask for help. People want you to succeed and they may be waiting for you to ask. People like to help others and like to be a part of the journey to success. Give them this gift. Prepare and plan for your execution.

**“Believe you can and you're halfway there.”
— Theodore Roosevelt**

Remember that the discomfort that you are feeling is that you are growing and stepping into your potential. We all admire courageous people mainly because we want some of that courage.

Tap into your courage and strength. Feel the fear and take the action required getting what you want. Don't be afraid of your fears they are not there to scare you. They're there to let you know that something is worth it.

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