



Courage is something that is talked about a lot....but what does it mean? We think of soldiers in battle, astronauts in space, and other acts of courage in extreme circumstances. But it takes courage to live lives of character every single day.

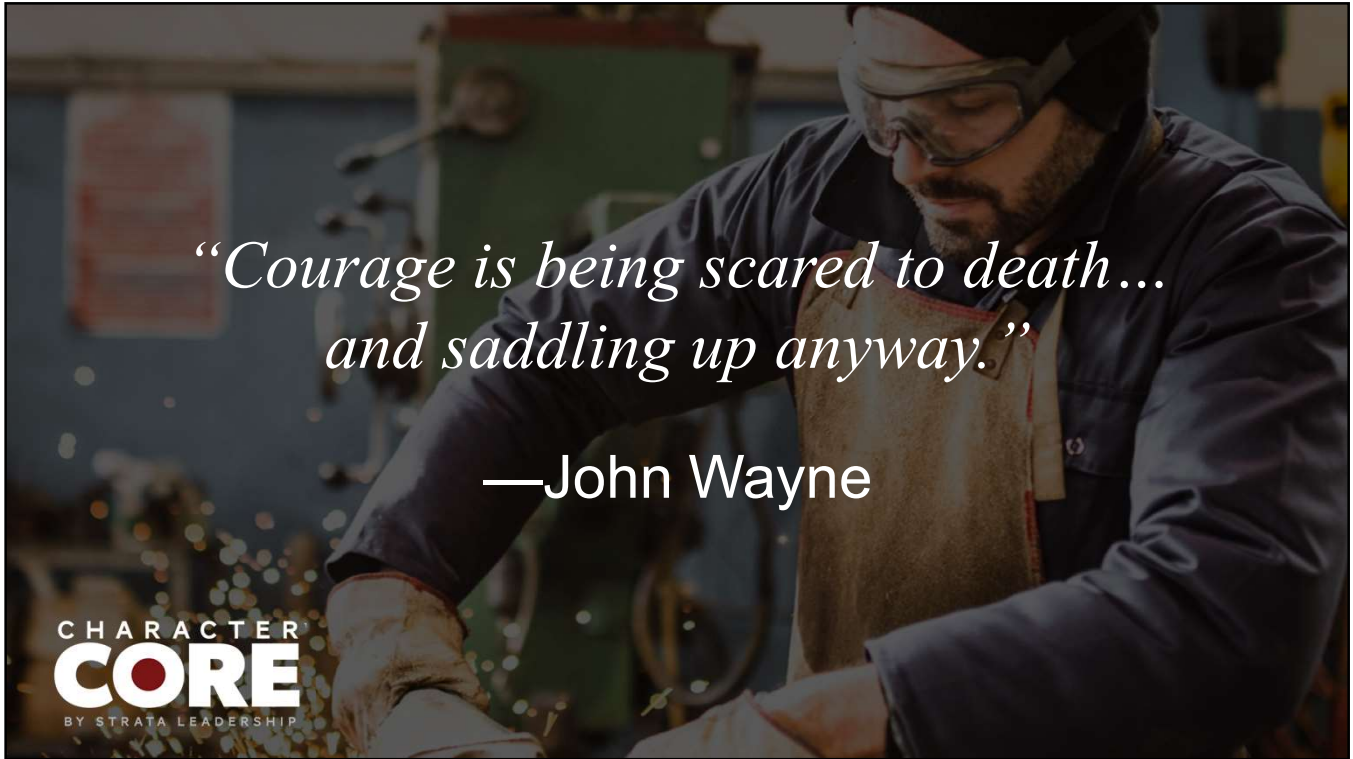


Courage is not a lack of fear. Courage is doing the right thing even in the face of fear. It doesn't take courage to do something you are fully confident to do, or feel safe doing. Rather it is that risky step you take when you feel unsure of yourself, or even fearful that you will experience consequences. What do you think of when you think of the word courage? A lot of things come to mind – a soldier in a dangerous battle, a single mom trying to raise her child in a tough neighborhood, a person bravely fighting an addiction, a person taking on seemingly impossible odds in an effort to reach a goal – the list goes on and on. Courage is valued by society, and stories of courageous acts permeate our history and inspire us to be better.

Opposite: cowardice, fear, faint-hearted, too timid

Related Concepts: bravery, willing to take appropriate risks, heroism, endurance, backbone, adventurous, grit, spirit, spunk, valor

Summary: Overcoming fear and doing what is right.



*“Courage is being scared to death...
and saddling up anyway.”*

—John Wayne

CHARACTER
CORE
BY STRATA LEADERSHIP

John Wayne (May 26, 1907 – June 11, 1979), Marion Mitchell Morrison, better known by his stage name John Wayne and the nickname Duke, was an American actor, director, and producer. An Academy Award-winner for True Grit, Wayne was among the top box office draws for three decades (Wikipedia).

Other Courage Quotes:

“He who is not courageous enough to take risks will accomplish nothing in life.” - Muhammad Ali

“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.” - Winston Churchill

“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.” - Nelson Mandela

“Only those who will risk going too far can possibly find out how far one can go.” - T. S. Eliot

“If you have no confidence in self, you are twice defeated in the race of life.” - Marcus Garvey

“Courage is being scared to death... and saddling up anyway.” - John Wayne

“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, ‘I lived through this horror. I can take the next thing that comes along.’” - Eleanor Roosevelt

“The greatest test of courage on earth is to bear defeat without losing heart.” - Robert Green Ingersoll

“Success is never final, failure is never fatal. It’s courage that counts.” - John Wooden

“Either you decide to stay in the shallow end of the pool or you go out in the ocean.” - Christopher Reeve

“You will never do anything in this world without courage. It is the greatest quality of the mind next to honor.” - Aristotle

“Creativity requires the courage to let go of certainties.” - Erich Fromm

“Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity.” - W. Clement Stone

“Courage is knowing what not to fear.” - Plato

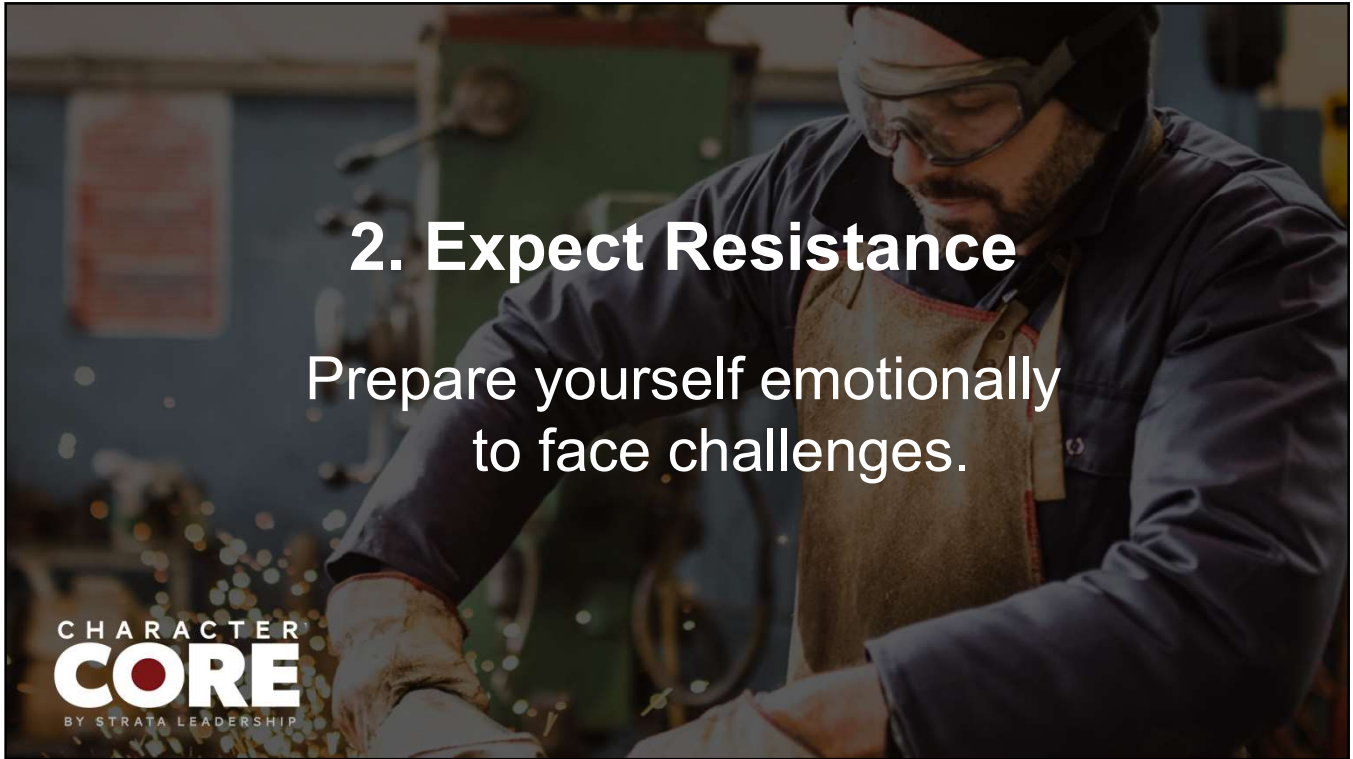
“What would life be if we had no courage to attempt anything?” - Vincent Van Gogh

“One isn’t necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency. We can’t be kind, true, merciful, generous, or honest.” - Maya Angelou

“Courage is grace under pressure.” - Ernest Hemingway



Courageous people still experience fear, however, they do not let that fear control them. Determine what you feel is important and worth taking the risk to overcome your fear in order to accomplish. Be willing to stand up for what you believe is important.



It takes courage to take a risk, step into harm's way, to do what is right or to protect others. It takes courage to share important, but negative feedback. To stand up to someone who is more powerful requires you to be ready to face resistance to your actions or ideas. Prepare yourself emotionally – and intellectually – to meet challenges.



3. Follow Through

If something is worth beginning,
it is worth finishing.

CHARACTER
CORE
BY STRATA LEADERSHIP

Sometimes the most difficult thing to do is to follow through with a challenging action or task to completion. The easy thing to do is to give up when things become risky, frustrating, or seemingly impossible. Make a decision that if it was worth beginning, it's worth finishing; and keep up your effort.

Discussion Starters

1. What are some situations that frighten you?
2. When was a time when you had to say something difficult to someone?
3. What would you attempt if you knew you could not fail?

Additional Courage Discussion Starters:

What is your purpose in life? What are you trying to accomplish?

What are some things you do when you feel afraid? What do you concentrate on?

What are some things you feel are important – that you are willing to take a risk to protect?

What is the difference between being courageous and being foolhardy?

Have you ever had to stand up to someone? What did it feel like? What did you do?

Have you ever had someone tell you something that was difficult to hear? What was your reaction?

Think about a time when you had to share difficult feedback with someone. How did you approach them? What words did you use? How was their reaction? Can you think of something you would do differently next time?

Think of a time when you felt like giving up. How did you motivate yourself to keep going even when it was difficult?

Think of someone you know who is courageous. What about them do you admire? How do they handle adversity or challenging situations?

CHARACTER¹
CORE
BY STRATA LEADERSHIP

© 2017 Strata Leadership
www.strataleadership.com | 877.357.0001

Thank you for making your workplace and community a great place to be!