

POWER PRINCIPLES – 6. Courage

Key take-aways

Power Principle 6: Courage

Long-term personal transformation requires the courage to face our fears, anxieties, and to move ahead outside of our comfort zone and our safety net.

Courage is an essential principle for living the life we deserve. Courage and risk-taking is not only necessary for achieving success; it is necessary for sustaining success. Bravery is for those who conquer someone or something else; courage is for those who conquer their own fears.

Courage is about the quality of mind or spirit that enables a person to face change, difficulty, danger or pain, including their ability to do what must be done in spite of their internal resistance of fear.

Courage is the willingness to act in spite of your fears and reservations:
"Don't go where the path may lead; go where there is no path and leave a trail."

Courage allows you to act in the face of doubts and fears. It is the ability to go into any situation and show up authentically and express yourself from your heart.

"It's not the magnitude of the task that matters; it's the magnitude of our courage."
So, be courageous as you go and grow forward.