

# 10 Things to Do to Live a Courageous Life

## By Sandra Ford Walston

1. Use the word, and use it again! “Everyday courage” is not an oxymoron. Show how your courage is revealed when speaking up, revealing convictions and taking a risk, and so on.
2. Invite the etymology of the word, which means “heart and spirit.” Then ask: “Will you give yourself permission to claim your courage (and become a model)?”
3. Learn this communication theme: “Let’s have a courageous conversation!” This action allows for intimacy, receptivity and openness with your peers and parents.
4. Exit bad situations quickly such as someone daring you to do something you know in your heart is wrong.
5. Declare your opinion even if you know it’s not in the norm. Refusing to go with the crowd is not easy. Instead, be the voice above the crowd.
6. Say “no” to a friend who engages in wrong activities and say “yes” to your courage. Soon a reservoir of courage builds that you can draw from.
7. Being the very best that you can be means you plan to live up to your potential, and that’s courage! Denial is saying no to courage.
8. Observe how often you sell your soul such as swallowing your voice or feeling the need to fit in the clique.
9. Adopt behaviors of courage that you see in other women and seek people who openly identify with courageous acts and reinforce them positively. In other words, find models and mentors that will *en-courage* you.
10. Read number 1 again! Then ask: What would I do if I had unlimited courage?”

### About the Author:

Sandra Ford Walston, The Courage Expert, innovator of STUCKThinking™, is an organizational effectiveness/learning consultant, speaker, corporate trainer and courage coach. Specializing in understanding courage behaviors, individual personalities and leadership styles that focus on the tricks and traps of the human condition, the author/trainer facilitates individuals and

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groups in discovering their hidden talents. She is the internationally published author of the regional bestseller, *Courage: The Heart and Spirit of Every Woman/Reclaiming the Forgotten Virtue* (Greece and Brazil). Her second book is currently agent represented. She is qualified to administer and interpret the Myers-Briggs Type Indicator® and is a certified Enneagram teacher. Currently she is a candidate for an Honorary Doctorate Degree.

Sandra provides skill-based programs for public and private businesses, including Caterpillar, Inc., Auburn University, Procter & Gamble, Wyoming Department of Health Public Nurses, Farmers Insurance, Wide Open West and Hitachi Consulting. With over eleven years of experience with finance professionals, she instructs for the University of Denver Graduate Tax Program Continuing Professional Education courses and she formerly taught for the Colorado Society of CPAs. To learn more about how Sandra can help your business cultivate success or to purchase a copy of her first book, visit [www.sandrawalston.com](http://www.sandrawalston.com) or contact her 303.696.1010 or [Sandra@SandraWalston.com](mailto:Sandra@SandraWalston.com).

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