

12 Things to Love about Courage |

BY SANDRA FORD WALSTON

Everyone can learn to practice courage regardless of career or position. It doesn't matter if you are a sales associate, graphic designer, project manager, photographer, accountant, administrative assistant, CEO, entrepreneur, journalist, construction worker, electrician, mechanic, or stockbroker, you can learn to manifest

courage in your work. But first you need to know the actions of courage; only then can you apply them and transform your work. Once you begin exhibiting courage at work, you will discover a direct correlation between your courage quotient and your success quotient.

What would motivate you to explore where the components of this ancient virtue fit in your work life today? Review the list of "12 Things to Love about Courage" and assess whether you come from a reservoir of courage in your work and personal life.

1 I love that my courage allows me to spread my wings and be all I can be. I am driven by an internal courage-fueled energy field that magnifies my spirit's fulfillment. My courage is my

antitoxin that I apply to setbacks, hurts, or duties. How did I start this process? I gave myself permission to express my individuality! Did someone clip your wings?



2 I love that my courage supports me to exit bad situations quickly. Knowing my personal courage mind-set allows me to embrace the opportunities I face on my journey. I am no stranger to my courage. I also know that I may feel unjustly punished when I stand in my courage, but courage provides the inner strength to rise above the "victim" mind-set. My actions become consistently balanced with my courage consciousness. Are you a stranger to your courage?

3 I love that my courage sustains me to design a life diminished of regrets. My courage centeredness defines my intentions. Each step (large or small) is an achievement. When my time comes to leave this life, I want to be able to say and feel in my heart, "I have no regrets. I did it my way." Do you remain deeply consistent with your intentions? If so, reach for the rainbow!

4 I love that my courage requires me to hold myself 100% accountable for my life's experiences. I knowingly design those happenings each moment. Courage

consciousness supports me as I strive to live in the vibration of my true Self. What life mosaic are you designing? With courage, humility and gratitude merge to dissipate all illusions of self-importance.

5 I love that my courage competencies expand as I step up the ladder called life. Stepping up reinforces my reservoir of courage, which sustains me until I am ready to take the next exciting step. That next step may be asking for a tough project or changing my hair color. Is your range of courage expanding? I focus on the ancient Chinese proverb: “He who hesitates before each step spends his life on one leg.” Living in courage is economical—it cuts out a myriad of missteps.

6 I love that my courage self-differentiates me, defining my “brand value.” The driver behind courage is the meaningfulness of my life. These qualities are portrayed through my convictions. My courage allows me to reflect. Choosing some form of reflection, I can learn to be more present to the truth of my personal branding distinction. What is your brand value? Herein lies the courage paradox: Stay present, and you will do what is best for you!

7 I love that my courage guides me to focus on best results. Combining intention with action, courage arms me for success. The power of my spirit illuminates the steps that correlate my success quotient with my courage quotient. Are you willing to sacrifice the external world to find your internal world? It takes courage to design *your* personal blueprint.

8 I love that my courage is a friend during times of uncertainty or difficult transitions. There’s no need for me to run from myself. My courage permits me to be innately motivated. In courage, my life expresses my heart’s core, reflecting the root meaning of the word courage: “heart and spirit.” Does your life express your heart, your core, your courage? With courage, you can say an absolute “yes” to whatever happens in your life.

9 I love that my courage develops my success. I develop my success by declaring my intent. My self-esteem supports me during demanding times. I know that hard decisions come alive in the questions, not the answers. Questions inspire actions. I see events as opportunities rather than sources of anxiety. Wisdom often dawns in the midst of pain, providing words of encouragement that should be shared with others. Success isn’t elusive, and courage isn’t a barrier to a happy life. Both are venues for *your* light to shine. What is your definition of success?

10 I love that my courage self-propels me. I am able to reinvent myself as often as needed. I know that conformity is a courage killer. I focus on my accomplishments and maintain a tough measure of accountability. Self-discipline thwarts any mediocrity that might keep me stuck or in anguish. Are you powerfully passionate about who you are? Nothing is more valuable than deepening your sense of who you are. Self-reflection is the key to self-fulfillment.

11 I love that my courage allows me to stand in my

dignity. I don’t need to manipulate situations. I know storms will enter my life. They offer opportunities for an honest assessment of my vulnerabilities. How frequently do you witness a mea culpa? Courage supports me to delve beyond my ego’s old behavioral scripts to uncover emotional pain and rewrite those scripts. Only I can choose to stop my suffering created by my ego.

12 I love that my courage advances my voice. When I confront an uncomfortable truth, the essence of my authentic courage comes to light, and I claim this energy. In Latin, “virtue” means “energy.” Is courage your unsung hero? Are you willing to fall in love with your courage? Courage is the gift that lifts your spirit. ■

Sandra Ford Walston is known as The Courage Expert™. She’s a learning consultant, speaker, corporate trainer, and Courage Coach, specializing in organizational behavior to advance results. She’s also the author of Courage, is qualified to administer and interpret the Myers-Briggs Type Indicator®, is a certified Enneagram teacher, is an ad hoc faculty member for Advanced Management Institute and The Woodhull Institute, and taught Continuing Professional Education courses for more than 11 years at the Colorado Society of CPAs and University of Denver. Watch for Courage Goes to Work next year. You can reach Sandra at (303) 696-1010, swalston@walstoncourage.com, or www.walstoncourage.com.

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