

“I Wish I’d Had More Courage”

Conscious Living, Conscious Courage, Unconscious Dying

What is everyday courage, and how do you apply the benefits to daily life? How might your life change if you integrated simple courage tenets that transcended “I Wish I’d More Courage!”?

Traditionally, courage is viewed as withstanding danger or facing fear under perilous circumstances; however, courage originates from the Old French *corage*, meaning “heart and spirit.” This moves us past the narrow definition of facing danger to embracing our hearts. The heart has an unlimited capacity to hold all that we are to be, right now!

Research Summary: During my years as an eleventh hour hospice volunteer and a global speaker on courage, I observed that people of all ages often had not summoned the courage to do something they really wanted to do or they sadly didn’t make time to “be” present when the opportunity presented itself. Instead they chose being in a constant state of doing.

In spite of my own knowledge, I was challenged to reflect on my personal journey—deliberating over past mistakes, contemplating regrets, projecting fears and examining whether I was living today in my true Self. I know that my inner essence lives in my reservoir of courage, so in coming to terms with my eventual demise I began to ask myself, “How much heartfelt courage will I be able to summon to peacefully embrace my own eleventh hour?”

Each person has their individual courage—just some more than others. Consider these four questions:

1. How can courage action skills change your life today?
2. How will you live today so as not to have accumulative regrets?
3. How will you live today so as not to give refuge to trepidation in your eleventh hour?
4. If you were going to pass on tomorrow, what would you do today?

Learning Objectives: This presentation offers an opportunity to amend what is not in line with the heart’s true Self. Participants will be able to learn how to

- Assess how fear lingers to undermine the body, mind and spirit balance
- Embrace simple tenets aligned with “I wish I’d had more courage!”
- Isolate and apply scenarios that reveal courage actions, assess the effects and benefits and how the outcome enhances happiness and overall well-being
- Infiltrate the concept of conscious living, conscious courage and conscious dying

What step would you take, right now, if you had unlimited courage?

“We must ask ourselves, am I living in my true self? When my time comes to pass will I be filled with regrets or happiness?” -- From article: In [My Eleventh Hour: “I Wish I’d Had More Courage”](#)

About the Presenter:

[Sandra Ford Walston](#), **The Courage Expert**

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For more than 20 years, Sandra has engaged audiences from Vancouver to Mexico. She is the award-winning author of [COURAGE](#) and two other [books](#) on courageous leadership.

- “I can always tell when a speaker has been successful at our conferences because I hear the group repeating concepts, anecdotes, examples, etc. that they heard during the presentation. And this was certainly true with Sandra’s talk.”
- “As President and CEO for the past 7.5 years there had only been 3 other standing ovations and it was no surprise that Sandra received one after her presentation.”
- “Sandra’s work is essential for any organization looking to develop its leaders.”

“Make courage your daily legacy.”

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