

*Attitude*

*Preparation*

*Perseverance*

*Respect*

*Honesty*

*Integrity*

*Appreciation*

*Self-Control*

*Empathy*

*Gratitude*

*Tolerance*

*Duty*

*Loyalty*

*Responsibility*

*Compassion*

*Leadership*

*Character*

# COURAGE

An inner strength to confront wrongdoing, take risks and live life to the fullest

*TIGER TRAITS*

*Week 7*



**COURAGE COMES IN MANY FORMS.**

**It can .....**

**[http://www.youtube.com/watch?  
v=vwpTj\\_Z9v-  
c&list=PL45939BBB18D3784C](http://www.youtube.com/watch?v=vwpTj_Z9v-c&list=PL45939BBB18D3784C)**

**[http://www.youtube.com/watch?  
v=bxc0bab1Buk](http://www.youtube.com/watch?v=bxc0bab1Buk)**

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1. **The Courage to Take Responsibility**

Whilst you can't always control your circumstances you can always choose how you will respond to them. No matter what challenges you face you have the power to make the ultimate choice about whether to let the world affect you or to go out and affect the world. Resist the impulse to blame your woes on others but instead to make the decision to own your life and own it fully.

2. **The Courage to Live with Integrity**

Integrity is the only path in life upon which you will never get lost. Placing integrity at the cornerstone of every decision you make requires a willingness to do what is right above what is convenient or politically expedient. At times this means veering off the safe and comfortable path onto a less traveled one where the risk of failure or disapproval may run high. At other times it calls you to forge your own. At its core, integrity is about wholeness and alignment between your deepest values, what you are doing and who you are being in the world. Integrity calls forth greatness.

3. **The Courage to Be Who You Are**

In a world that pressures for conformity it takes courage to be who you are. So express yourself fully and authentically in every relationship and in every encounter you have with others giving up pretending to be more or less or different from who you truly are. When you fail to be authentic you keep from others that which makes you most attractive; when you conform all that you have to offer others is your conformity. Be genuine, humble and, unpretentious but most of all, just be yourself. There is nothing more valuable or attractive.

4. **The Courage to Speak Up**

Dare to speak up, to give voice to your concerns, your feelings and thoughts and to engage in conversations that you've been hesitant to have before. Don't choose the certainty of never addressing an issue or fulfilling a need over the possibility that you may have an awkward conversation or a request declined. After all, things that aren't talked out get acted out as unfulfilled needs and unresolved resentments fester. Speaking up in ways that honor the dignity of others provides a means of building trust and deepening the quality of the relationships. It also enables others to know who you are, what you need, what you care about and what you are capable of more clearly.

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## **5. The Courage to Step Boldly into Action**

Nothing changes if nothing changes. Have the guts step boldly from your comfort zone to make the changes and take the chances that call you forward to fulfilling the potential within you. Trade procrastination and excuses for a commitment to being a person who is willing to do what it takes to live the life to which they aspire. Whatever the risks you face in your endeavor, the greatest risk is to take none at all. Fear regret more than failure for life always rewards action.

## **6. The Courage to Persevere**

Overcoming the setbacks and failures that present themselves on the way to your goals is what brings the greatest sense of achievement. Face your challenges with a deep determination to staying the course. Resist succumbing to resignation in the face of adversity for any goal worth pursuing will require its share of determination and perseverance. Connect with that which makes your spirit soar and remember that it matters not that you reach the summit, but that you had the guts to try. It is through perseverance in the face of adversity that the ordinary become extra-ordinary.

## **7. The Courage to Be a Leader**

Leadership is not a position; it's a choice. Every day you have opportunities to be a leader for the essence of leadership is inspiring people to move in a direction they may otherwise not have gone, to accomplish more than they may otherwise have sought to accomplish and to grow into someone they may otherwise not have become. By choosing the path of integrity, personal responsibility, and courage you will automatically shine your light so brightly that it will reveal to others the majesty of their own. Ultimately only by living with courage yourself and being the leader you are capable of being will humanity, as a collective, find it's courage and lead the world into a future filled with possibility.

**“Never let your fear decide your fate”**

**<http://www.youtube.com/watch?v=0ecfe1UMdPw>**