



Power Choice #11– **Courage**

Do you believe it is important to show **courage** as a leader?
Are you interested with being displaying **courage** more consistently personally and professionally?
Do you feel that **courage** can be fostered and developed?

If YOU do (and even if you do not)...
Please read on!

- Learn techniques that can help **YOU** build stronger skills and capabilities to show **courage** as achieve your dreams and goals!
- Learn to identify the best ways to show **courage** through the "whens" and "hows" within in your life and work!
- Learn the habits and behaviors that enhance your personal and professional **courage**!

We are interested in helping **YOU** build **YOUR courage** capacity more consistently to improve **YOUR** life. If **YOU** desire to have extraordinary abilities for showing **courage** that will help you to live a life filled with great health, responsiveness & accountability, ethical behaviors, mental expansion, growing family & social relationships, on purpose career performance and financial success, than contact Laura or Leanne to begin **YOUR** first steps in learning on how to **show your courage** and put **YOUR** skills and talents to use help you achieve **YOUR** greatest dreams.

We invite you to our websites (see below) to subscribe to **Power Choices©** and we hope that you choose to discover how choosing showing **courage** can and will help **You** to change **YOUR** life.

A book about effective leadership

Courage, the Backbone of Leadership

by
Gus Lee
Diane Elliot-Lee



"Courage is not limited to the battlefield or the Indianapolis 500 or bravely catching a thief in your house. The real tests of courage are much quieter. They are the inner tests, like remaining faithful when nobody's looking, like enduring pain when the room is empty, like standing alone when you're misunderstood."

Charles Swindoll

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The Power of Courage

Laura Novakowski

"Courage is the single most decisive trait in a leader."

Gus Lee & Diane Elliot-Lee

The word "**courage**" is derived from the Latin **root** "*cor*", meaning heart. I'd like to suggest that since the heart is a central, key organ to the body, than **courage** because central and key to our soul. Using that analogy, I would like to share with you a three-step-process that might help you to connect with your **courage** more consistently.

C.O.R. Create, Objectify and Risk A 3-Step Process

Definitions: (Source: Encarta Dictionary)

Create - "making something; to use imagination to invent things or produce works of art."

Objectify - "to reduce somebody, something that is complex and multifaceted, to the status of a simple object; to make actual and act as if it really exists."

Risk - "the chance of something going wrong; the danger that injury, damage, or loss will occur."

Create first. When we create, dreams or demons can appear. It all depends on our past experiences, present reality and future aspirations (and fears). We can invent tangible and intangible concepts that add value or destroy. Think of Rosa Parks. She lived a life of segregation and ridicule, but on that particular day she demonstrated her heart as she refused to give up her seat. She was arrested and fined, but she had created an entirely new concept for freedom loving people everywhere. Her "single act of defiance" led to the end of segregation in the United States. Her **courage** changed the future!

Objectify second. When we objectify, the complex may become simpler or may turn into a great big hairy monster. Often times, "*our focus creates our reality.*" Breaking down our thoughts, ideas and goals helps us to make sense and order out of a great deal of chaos. Our greatest worries are generally in our mind, but this becomes a barrier to acting with **courage**. I have a friend that has been faced with a life threatening illness and numerous other challenges. Her masterful ability to objectify in a positive manner has helped her to deal with her illness, work full time, maintain a successful marriage, raise her family, volunteer and give back to the community. That's **courage!**

Risk third. When we take risk, we realize that there is a significant chance of danger and we must determine what hazards may result and how that will impact us. Risk taking becomes the opportunity to do our own personal and professional cost/benefit analysis. An often asked question, "Is the risk worth the reward?" is worth consideration. Think of Madam Curie. She took the risk to promote the science of radioactivity. The cost - **her life** - the reward - **her courage** - benefited millions.

Create, **O**bjectify and **R**isk. That is the root of **courage** for me. How about you?

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***Courage – Do You Have It &
Do You Need It?***

Leanne Hoagland-Smith, M.S.

**“Courage is the ability to go from failure
to failure without losing enthusiasm.”**

Sir Winston Churchill

Are you **courageous**? What a simple question? How you view what it means to have **courage** probably has a lot to do with your answer.

Many times we are exposed to people who have **courage** from the founding fathers of the United States, to historical figures, to family members, to absolute strangers. Yet, do we take the time to explore our own **courage**?

One of my most favorite quotes is from the book *Dune* in which the young Duke Paul is tested. He places his hand into a box. One of the nuns or what some called witches held a needle weapon called a *Gomjabber* next to his neck in case he decided to remove his hand before the test was completed. After experiencing incredible pain from the perception of having his hand frozen to actually being burned off, he removed his hand and saw that nothing had change. Lesson learned was that the greatest fear is fear itself.

Maybe that is what Churchill saw when he talked about **courage** and the necessity for enthusiasm. How many times have we whistled to ourselves when walking down a dark street or tried to make something funny when we were truly scared, when we realize the greatest fear was within our own thoughts?

In business, **courage** is an absolute necessity because of the risk of investing incredible amounts of time, energy and money. Being a small business owner to entrepreneur demands being a risk taker and having the **courage** to see the risk through. Given that every minute in this country, one small business opens while another one closes suggests that a lot of people lacked the **courage** to continue.

Life also demands **courage** from doing what you need to do even when others believe something else. Speaking your mind with respect is a simple act of **courage**. Keeping your humor alive even when life is kicking you in the gut. Living life is just a series of **courageous** behaviors.

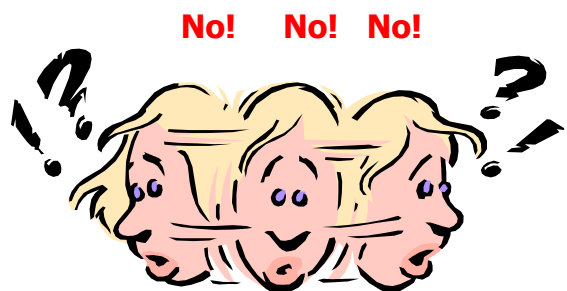
So what behaviors do we look for when we think of **courage** or being **courageous**? Humor is one behavior. Having humor coupled with enthusiasm sustains our **courage**. We grow forward with an authentic smile on our face.

Another behavior is taking the right action. **Courage** demands a result. However, sometimes by not taking action this is the right action because the focus is on the desired end result. When individuals are **courageous**, their actions are selective and reflect what I believe is a higher level of emotional intelligence.

Tenacity is another observable behavior. Never giving up, keeping at it, making those dreaded cold calls are all examples of **courageous** behavior.

So, grab your **H.A.T.** (Humor, Action and Tenacity) and give yourself credit for being more **courageous** than you realized. For living life today still demands **courage** even though the behaviors may be different from yesteryear.

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Courage Makes it Happen

Stephen Sisselman

Book Recommendation:

"How Starbucks Saved My Life"
Michael Gates Gill

What images does the word **courage** bring to mind?

- A lion on a yellow brick road
- A cancer survivor
-
-
-
-

What feelings do you feel when you hear the word **courageous**?

- Strength
- Success
-
-
-
-

Courage develops over time within a person as they strive to reach their top potential. It can take form in all areas of life from relationships at home to the political landscape at work. Stuart Avery Gold wrote about **courage** as the ability to act in the face of fear. Fear is a choice we make to stand still and not act. Utilizing **courage** we choose to move forward. Acting with **courage** does not mean acting fearless because that would be unrealistic. Fear can allow us to aid in our efforts to create SMART (Specific, Measurable, Attainable, Realistically High, Target Date) goals. Instead of running away or standing still when fear comes by take a shot of **courage** and move along with the fear because eventually the fear will run out of steam and you will be miles ahead reaching your dreams.

For the weeks ahead as 2007 comes to a close we should reflect and recognize all the places we acted with **courage** and moved in spite of fear. Did we walk out of a bad relationship? Did we sell our house? Did we allow our child to make his/her own choices? Did we make the choice to retire? Make a list of all your **courageous** acts and see how far you've come. Next, think about November 2008 and make a list of all the **courageous** acts you want to have accomplished by then. Finally, roll up your sleeves, open that can of spinach, and start walking down the yellow brick road to make it happen!

Make everyday a day to remember!

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On a scale of 1 to 10, with 10 being extraordinary, score your personal and profession level to display **courage**:

Does my ability to display **courage** help me to achieve my life's purpose? ___

Does my ability to display **courage** help me to achieve physical health and wellbeing? ___

Does my ability to display **courage** help me to achieve my mental growth and development goals? ___

Does my ability to display **courage** help me to in my relationships with family and friends? ___

Does my ability to display **courage** help me to better serve my community? ___

Does my ability to display **courage** help me to achieve my full financial potential? ___

Does my ability to display **courage** help me to achieve my full career, profession or business potential? ___

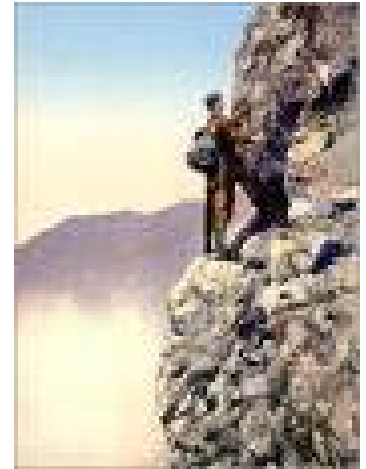
Does my ability to display **courage** help me uphold my beliefs, ethics and values? ___

Does my ability to display **courage** help my ability to change and grow personally/professionally? ___

Identifying **YOUR** ability to display **courage** can help you to achieve extraordinary goals and live an amazing life. The next step is to start a **Power Choice**© goal achievement system in an area that will help you to achieve **YOUR M.A.G.I.C.A.L.**™ goals.

*If **you** want to discover some exciting tools and techniques to help you to expand **YOUR** ability to display **courage** and to help you to double your performance potential please call:*

"Courage is rightly esteemed the first of human qualities . . . because it is the quality which guarantees all others."
Winston Churchill



"Courage is doing what you're afraid to do. There can be no courage unless you're scared."
Eddie Rickenbacker

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