



# POWER CHOICES©

Creating Attitudes & Strategies  
Tapping Limitless Energy

Facilitating Potential

October 2004

## Power Choice #10 – Choose Courage

Why would anyone choose courage? I ask myself that question at least once a day. Recently, I found that I was asking myself that question hourly. So, why **would** I choose courage?

A definition seemed to be in order. Once again, my old friend, Webster, provided me with multiple definitions. Courage – “mental or moral strength to resist opposition, danger, or hardship; firmness of mind and will in the face of danger or extreme difficulty; an ingrained capacity for meeting strain or difficulty with fortitude and resilience; quality of temperament enabling one to hold one’s own or keep up one’s morale when opposed or threatened; firm determination to achieve one’s ends; or stubborn persistence and unwillingness to admit defeat.”

As I wrote these definitions, I realized that I have been and still am exposed to a long list of courageous individuals. With a young family and little money, my entrepreneurial grandfather rose at 4AM each day, producing and selling dairy products to the community. When people didn’t have money to pay the bill, he still delivered milk. His philosophy – work a little harder, do with a little less and everyone benefits. He chose courage!

When faced with a man found along side of the road, bleeding and injured, my mother stopped. She assisted a stranger into her car, drove him to her home and helped him until his family arrived. She didn’t think of the danger, she thought of the person. Her determination to help someone far exceeded any fear. She chose courage!

In the midst of a severe storm with flooding, trees down and washed out roads, my father and husband loaded a generator into the back of our jeep to deliver to a family member in need. No questions asked. They chose courage!

When the going gets tough and I resist making a phone call or taking a risk and I ask myself, “Why would I choose courage? ”, I know that I want to live up to those standards – I choose courage!

For Assistance with Power Choices, call Laura Novakowski at 570-477-3388, email [lnovakowski@aol.com](mailto:lnovakowski@aol.com) website and visit [www.positivepowerinc.com](http://www.positivepowerinc.com).

### Choices to Ponder

- I choose to discover my potential!
- I choose to take risks!

To do the useful thing,  
to say the courageous  
thing, to  
contemplate the  
beautiful thing: that is  
enough for one man’s  
life.

T.S. Eliot



Another Great Read!

*Quantum Leap  
Thinking*  
James J. Mapes

"Success is not final, failure is not fatal: it is the courage to continue that counts."  
Winston Churchill

## A Gift of Amazing Courage

The young gas station attendant stood there silently as an angry customer berated him for how the company advertised special prices. The onlookers sat there in shocked disbelief as the man continued to scream and curse in the youth's face about being misled and lied to about the price of gas. Special pricing applied to card carrying members - this was advertised on the pump, in much smaller print.

I sat frozen in my car seat. Part of me wanted to jump out and rescue the boy. His expression concerned, he quietly responded to the verbal assaults. The customer became more aggressive, and for a moment, I held my breath sure that he strike the boy.

Still I didn't leave my seat. A little voice inside my head said, "Just watch. Don't get involved. You'll only make it worse."

And so I sat there, for what seemed like an eternity. In reality, only about 5 minutes had lapsed. During the entire time, the attendant stood erect. He maintained eye contact with the man and repeatedly reinforced that he understood the man's issue, but the company policy was clear and for the benefit of the customers who were members.

Finally, one courageous customer had observed enough and walked between the two. He indicated that he was having a problem at his pump and asked for some assistance.

Indicating that he heard the other customer, the young man stayed with the irate customer. Once again, offering to listen. The angry man threw up his hands and walked back to his truck loudly grumbling and complaining about the service.

Slowly, the boy pulled himself even more erect and turned full into my view. His left hand was contracted into a claw-like position and as he walked towards the next customer, he dragged his left leg.

At first, I felt pity for a man with a physical limitation who had been ridiculed by an angry insensitive person. Then I realized that I had just witnessed an extraordinary level of courage.

Here was a man who had overcome obstacles that I had never faced and who maintained a demeanor of respectful dignity. His strength of character, resilience and conduct reflected a strong moral fiber which set him apart as an exceptional man - one to emulate.

It is rare to find such a gift and to witness this amazing level of courage! I am grateful that I have this story to share with you.

*INSPIRING POTENTIAL—  
CREATING ATTITUDES & SERVICES TAPPING LIMITLESS ENERGY*

How are **you** choosing to have or see courage?

Complete the following choice inventory...

- Do you see the value in choosing to be courageous?
- Do you find that you act with courage when the going gets tough?
- Are you willing to take courageous risks?
- Are you clear on what you are willing to change to become more courageous?
- Whom do you respect for demonstrating courage?
- Are you willing to demonstrate courage and resist the easy way out of situations?
- Are you willing to be courageous and take on more when someone else is unable to do their part?"

Conduct your "Choices Inventory" in conjunction with the action planner found on the last page of this newsletter. You are raising your level of awareness and making conscious choices that will create the life you desire.

"Men often bear little grievances with less courage than they do large misfortunes"

Aesop



"You have to accept whatever comes and the only important thing is that you meet it with courage and with the best that you have to give"

Eleanor Roosevelt

**Positive Power Strategies, Inc.**, a company whose sole purpose is help individuals and organizations to discover their true potential and take action to manifest extra-ordinary results.

Laura R. Novakowski, principle of Positive Power Strategies, Inc., is a developmentalist and facilitator whose background as a nurse, executive and facilitator of change helps individuals and corporations to discover and engage their potential - building on "What's In It For Me" (*WIIFM*) and achieving "What's In It For Us" (*WIIFU*) & providing tools that support amazing performance to achieve consistent growth & sustainable success!

*IF you are interested in learning more about processes that help you and your organization implement power choice strategies and improve results, please contact us at:*

*Phone: 570-477-3388 or Fax: 570-477-2636  
or Email: lnovakowski@aol.com and  
check out the website: www.positivepowerinc.com*



## Action Plan Exercise: Power Choice #10 - Choose Courage

An action plan to support developing courage.

1. Describe an act of courage that you **observed** in someone else this month:

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2. Identify ways that you **found** courage in yourself this month:

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3. Identify situations where you would like to **become** more courage:

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4. Describe what courage **feels like** to you:

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*Interested in discussing your success with choosing extraordinary habits?  
Please call Laura Novakowski: Phone: 570-477-3388 or Fax: 570-477-2636 or  
Email: [lnovakowski@aol.com](mailto:lnovakowski@aol.com) and check out the website: [www.positivepowerinc.com](http://www.positivepowerinc.com)*

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