

The 10 Commandments of Courage

I. Trust Yourself

No matter what happens, you can handle it. You are capable of more than you think you are. Really!

II. Question Assumptions

Don't hang on to beliefs that no longer serve you. The only limits you have are those you've convinced yourself of. Assumptions are the death of possibilities.

III. Do What's Right

Be true to yourself above everything else...however inconvenient or difficult. Integrity is the only path upon which you'll never get lost.

IV. Stop Complaining

You can't solve your problems by whining about them. Focus your energy on what you want, not on what you don't; on what you can do, not on what you can't.

V. Think Bigger

Refuse to settle for mediocrity. Set your sights high and know that if you can dream it, you can do it. All great accomplishments first begin in the imagination.

VI. Resist Conformity

Don't let others' opinions run your life and surrender to conformity. Express your individuality. Be your own person. Forge your own path.

VII. Speak Up

You get what you tolerate. If there's something you really want to say, chances are someone really needs to hear it. Be courageous in your conversations.

VIII. Don't Quit

Success demands perseverance. Adversity builds resilience. Setbacks are merely opportunities to show the universe what you're made of. Press on.

IX. Say No

Say no to the good to make room for the great. Refuse to succumb to people pleasing at the expense of your own sanity and fulfillment.

X. Take Action

Life rewards those who take action in the presence of their fear and refuse to give in to self doubt. Nothing great has ever been achieved without an element of risk. So feel your fear and do it anyway! Fortune favors the bold.

For more courage visit www.margiewarrell.com

Margie Warrell is an executive and life coach, speaker and bestselling author of *Find Your Courage: 12 Acts for Becoming Fearless in Work and in Life* (McGraw-Hill)

LIFE SHRINKS OR EXPANDS IN PROPORTION TO ONE'S COURAGE
Think Bigger • Live Bolder • Create Outstanding Results!