

# TEN COMMANDMENTS OF COURAGE

## *Do what's right*

Integrity is the foundation on which a good life is built. Do what's right over what's easy and never surrender self-respect for self-interest. Without integrity, nothing works.

## *Take responsibility*

Be the pilot of your life, not a passenger. Blame and victimhood diminish your power to respond constructively, and will only perpetuate your problems. You can't always choose your circumstances, but you can always choose your response.

## *Challenge your stories*

You don't see the world as it is, but as you are. Question your assumptions and interrogate your logic. Rewrite the stories that stoke fear and stifle possibilities into ones that expand your future rather than limit it.

## *Trade comfort for growth*

Your desire for safety will always resist your desire for growth. Surrendering the familiarity of the known is the only way to discover all that's possible for you.

## *Speak truth with kindness*

The conversations you most need to have will be the ones you'll most wish to avoid. Let go of your pride, speak bravely, and lay your vulnerability on the line. People need to hear what you have to say.

## *Risk mistakes*

Nothing worth doing comes with a guarantee of success. Don't let the fear of making a wrong decision keep you from making a right one. When you slip up, get back up, learn the lesson and keep going. The greatest mistake is to never risk one.

## *Own your individuality*

Daring to stand out in a world constantly pressuring for conformity is an everyday act of courage. By embracing your uniqueness, you amplify the difference your difference makes and give others permission to do the same.

## *Say no*

There are countless good ways spend your days, share your gifts, and live your life. Yet saying yes too often can leave you 'majoring in minoring': busy, but unfulfilled. Say no to the good so you can say a big yes to the best. What you want most is riding on it.

## *Let go*

Life doesn't happen to you, it happens for you. Let go your attachments, comparisons and all that chains you to the past. Opening your arms wide to all life holds for you invites the universe to conspire for your greatest good.

## *Dare boldly*

You are here for no small purpose. Dare to connect with the highest vision for your life and trust that whatever direction your dreams may take you, you have all it takes to pursue them. As your vision expands, so does your life. Pursue it boldly.



*Margie Warrell*  
LIVE BRAVELY

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