

Where could you be more

COURAGEOUS?

Think Bigger, Live Bolder, Achieve Outstanding Results.

Courage is not the absence of fear or self doubt but action in its presence. Without it, we cannot be powerful in pursuing the goals that inspire us –professionally or in our personal lives – since goal worth achieving will call on us to step into unfamiliar territory, put ourselves at risk in some way and challenge us to grow in who are as human beings. Without courage, the success we achieve and contribution we make is confined to the limits of our comfort zone.



1. NAME IT: Fear we don't own, owns us

Fear is innate and exists to keep us safe from harm or pain. Like all emotions that originate in the amygdala, fear can overwhelm rational thought, overlook reality and hijack the brain. Left unchecked, fear can sabotage our success and happiness by limiting our:

- ❖ Aspirations
- ❖ Conversations – ‘Public’ & ‘Private’
- ❖ Actions

Our ability to be effective in three core domains of conversation determines our ability to be effective in creating the results we want for ourselves in life. Fear often infiltrates in to these conversations and in doing so undermines our ability to affect the change we want, in our own lives and in the lives of those we seek to help. The conversational domains are:

- a) *Descriptive (Where am I?):* Where am I currently held back, stuck in limiting fear-filled stories, excuses and justifications?
- b) *Speculative (Where do I want to go?):* Where could I be thinking bigger? What do I really want to achieve, to change, to be?
- c) *Action (How do I get there?):* How could I be acting bolder? What do I need to do in order to create the results I seek?

♦**Mini Quiz**♦ Rate each of the following areas 1-10 with 1 being ‘absolutely sucks’ and 10 being ‘absolutely fabulous!’

Financial Management	Key Relationships	Other Relationships	Self Expression	Health & Wellbeing	Daily Joy	Clarity of Direction	Recreation /Social Life	Other:	Other:	Other:
/10	/10	/10	/10	/10	/10	/10	/10	/10	/10	/10

♦**Reflection Questions**♦ Which area(s) of my life am I failing to be as effective and courageous as I would like? What stories am I living in that limit my ability to address these areas powerfully? Where have I been stuck in excuses and rationalizing my inaction?

“The greater danger is not that our goals are too lofty and we fail to achieve them, but that they are too small and we do.”

Michelangelo



Margie Warrell

Coach ♦ Speaker ♦ Author

Find Your Courage: 12 Acts for Becoming Fearless in Work and in Life (McGraw-Hill)

♦Website♦

www.margiewarrell.com

♦Email♦

margie@margiewarrell.com

♦Blog♦

www.findyourcourage.com

♦Phone♦

(+1 USA) 214 686 4155

.....
.....
.....
.....

2. TAME IT: Reclaim your power

Given that fear is innate, we have no choice about whether or not we will at times find ourselves feeling afraid and experiencing self doubt. We do however have a choice whether or not we will allow these fears and the self doubts they give rise to run our lives.

1. **Acknowledge it:** fear we don't own, owns us. What fears or self doubts do you need to acknowledge (or acknowledge more fully)? What are you afraid might happen if you put yourself at risk?
2. **Check the Price Tag:** What price are you (and those you care about) paying by giving this fear power? How will it cost you if you fail to take action and stick with the status quo?
3. **Breathe into it:** feel to the core of the feeling and be mindful of habitual defense responses. How do you generally tend to avoid feeling to the core of your feelings?
4. **Visualize past it:** how do you want to feel
5. **Act As If:** step forward despite it

3. STEP THROUGH IT: Feel your fear and do it anyway!

Choose a specific area for action then write down:

- i) Your courageous vision (if it's not scary, it's not big enough!)
- ii) Who you are committed to being in order to achieve it: *"I am committed to being*
- iii) Five people with whom you will share your vision and enlist their support:
- iv) List first 6+ actions (including conversations) you will take within next 6 days (at least one within 24 hours, 2 within 48hrs)
 1.
 2.
 3.
 4.
 5.
 6.

Margie Warrell is an Executive & Life Coach, Speaker and the Author of *Find Your Courage* (McGraw-Hill). She empowers individuals and organizations to live and lead with greater clarity, confidence and courage. To discover your C.Q on THE COURAGE QUIZ, sign up for Margies' LIVE BOLDLY! eNewsletter, access other free resources or to learn more about her coaching and speaking programs please visit www.margiewarrell.com or email info@margiewarrell.com

