

It takes COURAGE to _____.

It takes courage
to teach
to lead
to serve
to heal
to speak up
to stand out
to look inward
to right wrongs.

It takes courage
to walk your talk
to stand your ground
to make waves
to ride waves
to find wholehearted ways
to be known as vulnerable
to love after loss
to love, period.

It takes courage
to say “I was wrong”
to say “I don’t know”
to say “Let’s find out”
to take enough time
to ask better questions
to seek better answers
 instead of quick fixes
to give yourself fully
to try making a difference
when the outcome is
not guaranteed.

It takes courage
to choose wisely and well
to go against the grain
to go into the wind
to point your boat
toward your true north
to lead others forward
to have faith in the future
and be fully present today.

It takes courage
to trust in the process
to be part of the process
to process your parts that
 are shadows
to embrace your shadows
 as part of your self
to also embrace your beauty
and light.

It takes courage
to know yourself well enough
to choose where your energy
 comes from and goes
to trust it’s possible
to trust what courage can do
and give yourself time to
find out.

It takes courage
to give yourself time to renew
to give yourself over to grief
to give silence a chair at the table
to give doubt a chance to show
 other options
to give the world your best self
 and ideas
without giving up on your soul.

It takes courage to
be your whole self
so you can
do your best work
so you can
be the change you want to see
so you can
do what your worthy cause most needs
 you to do.

It takes courage
to ask “How shall I be
so that I can do [what?]
so the world can be
better
for all.”

Leadership takes courage
and gives courage, too.

And courage takes trust.

— SHELLY L. FRANCIS
FROM *THE COURAGE WAY*
www.courageway.org