10 ELEMENTS OF COURAGE

People with courage possess ten shared characteristics. They should remain as guideposts in your journey through life:

SELF-CONFIDENCE. Courageous people believe in themselves. They know who they are and what they stand for.

CONVICTION. You always know where courageous people stand. They’re passionate about their beliefs and values and have consistent and predictable behavior.

INTEGRITY. Courageous people know the difference between right and wrong. They don’t just talk about honor; they live it every day — backing their words with action.

LEADERSHIP. Courageous people aren’t deterred by adversity or afraid of what people may think of them.

COMPASSION. Courageous people put other people’s needs ahead of their own.

OBJECTIVITY. Courageous people believe that people are willing to make tough decisions if the options are presented to them in an open, honest, and objective manner.

STRENGTH IN ADVERSITY. Courageous people aren’t afraid of swimming against the tide or challenging the status quo. They stare adversity in the eye — running toward the problem rather than away from it.

CHANGE MASTERS. Courageous people step outside their comfort zone to meet the challenges that lie ahead.

EMBRACE THE UNKNOWN. Courageous people follow their intuition. If information required to make a good decision isn’t available, they follow their instincts.

ACTION. Courageous people put their money where their mouth is. They know that it’s not enough to talk about doing something — instead, they act.