

# 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.

