



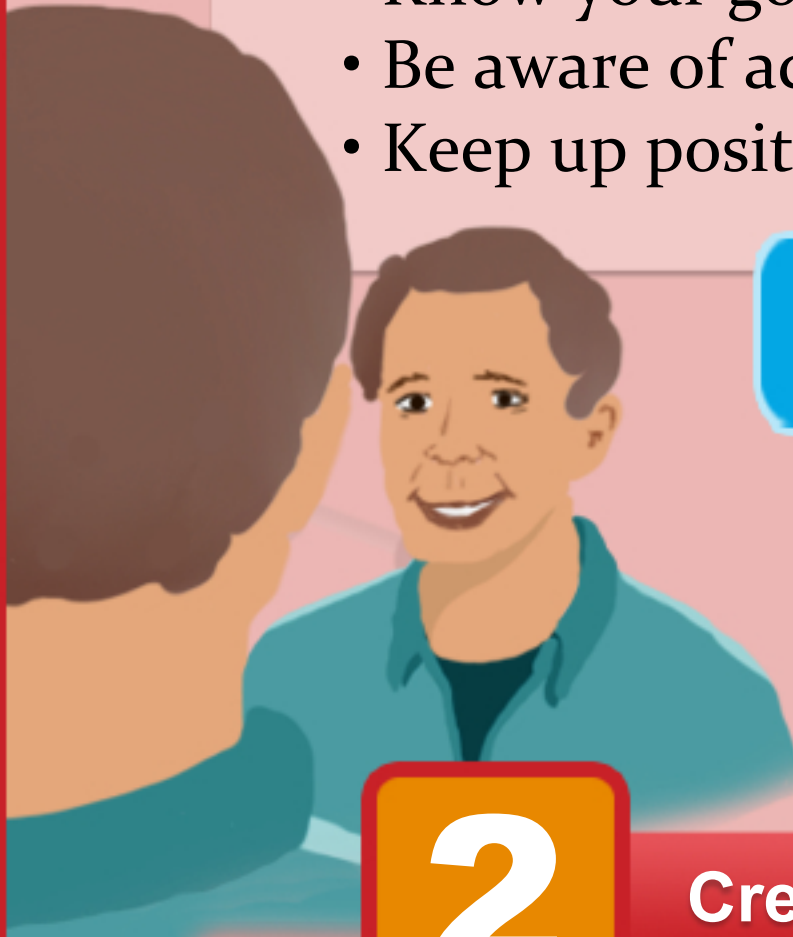
5 HABITS TO DEVELOP COURAGE

THE SEVEN TRAITS OF INFLUENCE

1

Self-Discipline

- Maintain strength of will
- Focus long-term goals
- Stay loyal to BIG picture
- Know your goals & values
- Be aware of actions & fallouts
- Keep up positive self-talk



FIVE Things Courage Allows You To Do:

- 1) Conquer fear
- 2) Face temptation
- 3) Deal with troubles
- 4) Resist others' gossip
- 5) Think, feel, & act as yourself

2

Create Knowledge

- What fears hold you back?
- What questions do you need to ask?
- What resources do you have?
- How will you move through tough times?
- Search for honest answers



What Is Courage?

- Empowering internal strength to continue
- Valuing something greater than yourself
- Taking risks protecting your ideals & hopes
- Knowing success is more than possible



It Takes Courage To:

- Dare to feel different
- Risk sharing what is on your mind
- Be vulnerable
- Live an honest life
- Place faith in your growth

3

Stay Grounded in Your Beliefs and Values

- Where do your beliefs originate?
- Create supportive beliefs
- Are you living your values?
- Stand firm in your value system
- Know what you are willing to sacrifice



4

Hang Out with Courageous People

- You are your friends
- Learn from courageous people – not celebrities
- Who are your role models?
- Notice the courageous leaders in your company
- Visualize your courage
- Turn you visualization into reality

5

Practice It

- Courage is your muscle – make it strong
- Defeat what scares you
- Start something new
- Take a risk
- Use your values to carry you forward

