

# What is Courage?

Welcome to this week's edition of your Weekly Winning Resource all about the word courage, Successful people aren't fearless, successful people simply don't let fear stop them from taking action towards their goals and dreams. At I've Decided, our mission is your success! We know that fear can be a stumbling block along your journey to success, and that's why we want to take time this week to focus on inspiring you to be a person of courage. There will never be a perfect time or a perfect situation for you to go for whatever it is you know you should be doing. People need what you have to offer now, and we don't want fear to stop you from being fulfilled. We want you to choose courage over confidence. It can be so easy to take the road most traveled, the one you're confident with, but remember, your success is most likely outside of your comfort zone.

## Your Weekly Winning Word:

### **Courage:**

The ability to do something you know is right or good even though it's frightening or difficult.

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## **Your Weekly Winning Article:**

Contrary to what some may believe, courage is not a quality you are born with or without, nor does acquiring courage necessarily entail doing something dramatic or astoundingly heroic. What then is courage and why should we aspire to have it? We found this great article that answers those questions and explains how you can develop courage. Check it out!

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## **Your Weekly Winning Challenge:**

Practice strengthening your mental muscle of courage this week. Set a goal to do something that is outside of your comfort zone, and will move you a step in the right direction towards what you want to achieve. Make sure it's a SMART goal. Specific, measurable, attainable, realistic, and timely. An example could be to post a live video on your social media page or sign up for a training you need.

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## **Your Weekly Winning Quote:**

**Fear is a reaction, courage is a decision. ~Winston Churchill**

**WE NEED YOUR HELP...** Please help us spread the word about our awesome community. You can help us by following our I've Decided Social Media pages on Facebook, LinkedIn, Instagram, and Twitter, and please be sure you like, comment, and share our posts. The more people we can reach, the more people we can help achieve their goals and dreams. Thank you!

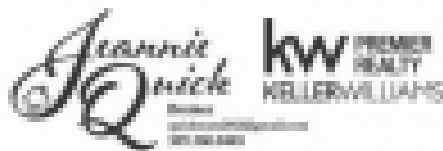


Included in your I've Decided Membership are our Success Groups. We are excited to bring these resources to you in order to help you achieve your goals and dreams. We have designed these monthly success groups to help you make progress with your goals and dreams and provide you the opportunity to network with other people who are interested in a similar goal to you, advice and information from an expert coach, and the support you need for success! [Click Here To Watch Any Of Our Past Success Groups Recordings](#)

What's more motivational than seeing someone go for their dreams Tracy Geisz, owner of [Golden Tours Midwest](#) (Ultimate day trip experience), joins Kim today on "My Success" to share about her convictions of following her dreams! Check it out!

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