

Courage

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Five Potent Steps to Building Bravery:

1. Choose one brave conversation to have each day. Perhaps that conversation involves stating a passion out loud, calling out inappropriate behavior or simply telling the truth about what one wants. Brave language leads to brave behavior which leads to a greater awareness of ourselves as courageous.
2. For seven days, watch one new video each day that illustrates courage of the heart. Notice the variety of courageous acts you witness as well as what most inspires you in each video.
3. Record, each evening, three hard things you did that day. This is a practice found in *Getting Grit*, by Caroline Adams Miller. As we notice our daily acts of stretching we build an inner sense of our capacity.
4. Create a collage that represents the future you most want to have five years from now. Look for images that inspire, excite and move you as well as images that symbolize your values; those principles and morals that are core to your being. Place the collage where you will see it each morning.
5. Envision a time in your past when you were both brave and successful in the territory of love. Remember all you can about what enabled success in that moment. Who or what supported you? How did you behave? What strengths did you demonstrate? What most made a positive difference during that time? Now, ask yourself, how can those same elements apply to this moment?

***“Courage is built by couraging.”
Mary Daly***

***“You can choose courage or you can choose comfort, but you cannot
choose both.”
Brene Brown, Ph.D.***

***“It's an act of rebellion to be a whole person. It is an act of rebellion
to show up as your whole self, especially (with) the parts that are
complex, that are unfinished, that are vulnerable. This is true in
part because we live on-line and on-land and (the question is) who
do you curate yourself to be?”
Courtney Martin***

***“Giving love, receiving love, seeking love – all are vulnerable acts and
every act of vulnerability necessarily requires courage. Not the kind
of courage that demands the extraordinary, rather a bravery rooted
in quietly choosing to move forward toward love a bit each day even
when our hearts are tender, our minds are unsure and our very
being quivers with fear.”
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***“What you seek is seeking you.”
Rumi***