

♥ Snippets of Encouragement #117

Hello darlings

It is day 117 of Snippets of Encouragement, and today I would like to encourage you to have courage!

You may think that you don't need courage because you're not facing death defying acts, or aren't at war but is that the only time you need courage? I think not.

Courage is defined as the ability to do something that frightens one or bravery and as strength in the face of pain or grief.

People seem to think that courage is reserved for people who are exceptionally brave such as soldiers, firefighters, police but this is not true. Courage is for all of us regardless of our life circumstances.

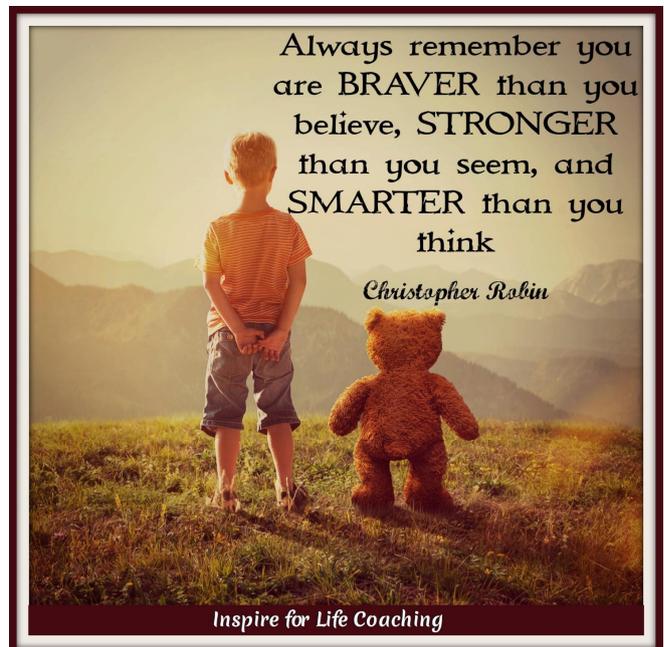
Our relationship with courage is a lifelong one. We've been courageous since the day we were born. Courage opened our mouths to take that first breath and courage pushed us into our first steps. We needed courage our first day at school and with our first kiss. When we're nursing a sick loved one, or holding the hand of a dying parent we're practicing courage. Each day we need courage to show up authentically, just as we need it to face down injustice.

Courage is needed in each moment of each day, because let's face it sometimes life can be frigten' hard.

Here's the thing about courage... we often expect it to be loud and blusterous but it's not. Most often courage is very quiet. It is that silent inner nudge pushing you forward. It's the slap on the back saying well done. It's the stern voice reminding you to stop your nonsense you've got this!

Today I want you to think about all the times you've been courageous in your life. Those small moments of seemingly insignificant courage and those huge "say whaaat? Was that me?!" moments.

Relish and appreciate how you show up courageously in your life each day. There may be moments when you think you can't go on, or moments where you're scared shitless. In those moments call upon your inner courage. It may not be sitting in the grandstand of your life screaming you onwards, it may be the small voice within reminding you, "you've got this, don't be scared."



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There may be moments when you lack clarity and your sense of purpose is vague, be courageous. You don't always have to rush in as if the building were burning, give yourself some time, and patiently await the clarity and purpose you seek.

Most of all remember that you are braver than you think. You never came to earth to be overwhelmed by life but to create yours, so be courageous as you make choices each day that are aligned with who you are!

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