

COURAGE

Defined:

Dictionary: A willingness to face and deal with danger, trouble, or pain; fearless; bravery; valor - **the courage of one's convictions** the courage to do what one thinks is right

Eyres: Daring to attempt difficult things that are good. Strength not to follow the crowd, to say **no** and mean it. Being true to convictions and following good impulses even when they are unpopular or inconvenient. Boldness to be outgoing and friendly.

"It takes real courage to be a chicken."

Preparation and **Faith/Belief** (not just "red blood") make up courage:

Proper preparations; i.e.,

- a. Thinking through decisions in advance, or
 - b. Practicing something often,
- Lead to faith or belief in one's self, which leads to the **courage** to do it.

- Example:**
1. I went with my father when he made presentations about drugs, and when he visited families of drug users. Because of this, I took the time to really think about how bad drugs were for my body, and to realize that God gave me my body as a gift and I have no right to abuse it. Because I thought about drugs and realized how bad they were, when they were offered to me, I had no problem saying no. Once people knew how I felt about drugs, they respected my opinion and left me alone.
 2. You baseball players: Think back to the first time you batted against a fast, overhand pitcher. If you are like me, your knees felt a little weak and your stomach was turning in circles. Yet, after you faced several overhand pitchers and after you got a few hits, you started to believe in yourself and you were more willing to go up to bat; i.e. your courage grew.

3. See the chapter from Joe Namath' book, which follows this section.

Types of Courage:

1. The courage to do what is right.
2. The courage to try something new.
3. The courage to be yourself, even if it means being different from the crowd.
4. The courage to overcome shyness and be friendly.