

Courage Is A Gift

By Gerri D Smith

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“It is not what happens to you, but how you react to it that matters.”
-Epictetus, the 1st Century Greek Philosopher

Courage is daring to be... Brave. Enterprising. Bold. In your business or personal life, how often do you question your thoughts, your actions, or your motives? When you don't exercise the ability to always test yourself, you may lose not only your confidence, but more importantly, you lose the ability to focus, to know yourself, your friends, and your customers.

When faced with decisions and challenges, asking yourself questions every day, every hour, every moment gives you the courage to discover what is important to you and what a particular situation means to you, and what result or solution you'd like to accomplish.

Not many people experience life the way they want it to be. If things don't work out the way you want, don't find someone else to blame. Know what goals you want, then question your actions in reaching them. Compare your answers to what others may wish for you. After all, having a successful business or a life of contentment, requires you to know yourself and the goals that are best for you.

Courage is getting in the habit of looking inward and going with your highest feeling of what's true and what feels right for you. Apply this inner evaluation in your business and in your personal life. This is important if you wish to grow and stay successful. It works!

Have the courage to be curious (not nosy!). A quest for knowledge about life and the people you interact with is good. Look for answers to whatever you plan to do. This keeps you thoughtful. Keep a journal if it helps. Over time, you can look back and discover the results of your actions (or reactions) to certain problems. Then when faced with future or similar problems, you'll have a ready solution.

Realize your weaknesses and work toward improving them. Continue to renew yourself and remember that life has a way of constantly testing your ability and courage to deal with it. When you

can learn to appreciate the challenges in both your business and personal life, you find inner strength. Then you're able to bring about an inner peace and spirituality that gives you a good tool for building self-confidence and self esteem.

There's something inside each of us that fuels our motivation, our passion, and our reason to succeed. Keep encouraging yourself to take the necessary risks to refuel your confidence. Question your motives. Then search for the answer. Question any doubts you or others may have about your courage to succeed. You are what's important.

Don't let negative thoughts get in the way of your progress and your goals. Control your thoughts. Think about what's important to you. When your thoughts are positive, they have a way of replenishing your courage. No matter how often unpleasant or difficult challenges get you down, don't give in to negative thinking. Just pick yourself up and move on. Focus on what gives you your strength and uniqueness.

Remember: motivation, passion, and your reason to succeed in life, as well as in business, are essential requirements to reaching your goals. Live life in a constant state of awareness, with peaceful thoughts, a dash of forcefulness, and a good measure of faith and spirituality. You will then be exercising your gift of courage.

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Gerri D Smith is publisher and host of multiple Gateways to inspiration, motivation, and information for individuals, small business owners, and entrepreneurs. Gerri's internet business resource creates ways for you to unlock the doors to success and income. To help you reach more of your successful and financial goals, become one of the exclusive subscribers to her Free Monthly Newsletter. For details, visit: <http://www.distinctivebusinesswomen.com> Or, send blank email with: "Subscribe to DBW's Newsletter-9MS" in Subject Box and mail to: gerri@distinctivebusinesswomen.com
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