

Action Guide

A Special Kind of Courage

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Remember:

The primary test of courage is in the little things. Single great occasions do not make heroes or cowards; they simply unveil them to the eyes of others.

Reflections:

The most obvious proof that an individual is experiencing learned helplessness is the repeated use of the words "I can't." To state the obvious, "can't" is a four letter word. It is one of those four letter words that you would be wise to avoid at all cost.

Please realize that action is the key to making positive changes in your life. Without action, knowledge is lost. Inaction will not result in fulfillment, taking ACTION will!

Application:

List those things that for whatever reason, (fear, laziness, or self-doubt) you have been putting off. Then put a plan of action together to step out of your comfort zone and draw upon the courage needed to make a difference in your life and the lives of others.

Things I have been putting off:

1. _____
2. _____
3. _____
4. _____

My plan, coupled with the courage to take action:

1. _____
2. _____
3. _____
4. _____

Step out in faith!

You can do it, I believe in YOU!

