



COURAGE

I am brave.

Photo Credit: Luke Tanis

Inner Resource **COURAGE** wants me to remember:

- It takes great courage to be who I really am.
- If it's at my gate I can handle it.



- May you acknowledge how brave you are and how brave you have been.
- May you take the first (or next) step into the unknown with ease and grace.
- May you move beyond discomfort to what really matters in your life.