

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #33: LEARN A NEW DANCE



Nelson Mandela once said, " I learned courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but who conquers that fear." Courage is the ability to do something that frightens us.

Taking the time to learn something new can be considered a courageous act. Before learning something new, many people tend to have doubts. Our minds are plagued with thoughts and insecurities about what our performance may be, and what others might say. We might even let some of those insecurities talk us out of doing something we really want to do. Don't let that happen. Be courageous, and push away any thoughts that might stop you from trying new things. Try learning a new dance, try painting a picture, try anything that will bring you happiness and positively affect your life.

Practice Courage Today:



1. IS THERE A DANCE YOU'VE ALWAYS WANTED TO LEARN BUT NEVER TOOK THE TIME TO START? NOW'S THE TIME.
2. FIND A VIDEO OF A DANCE ROUTINE YOU'VE ALWAYS WANTED TO LEARN.
3. WATCH THE VIDEO.
4. PRACTICE AND RE-WATCH THE VIDEO AS MANY TIMES AS YOU NEED UNTIL YOU LEARN THE WHOLE DANCE.
5. AFTER PRACTICING, SHOW YOUR FAMILY AND FRIENDS YOUR NEW MOVES.

Parent Practice Tip:

Every generation has its own hit songs and dance moves. Take a couple of minutes to play one or more of your favorite oldies in the house and show your child(ren) your moves.

To Learn More:

WHAT IS COURAGE?

HAVE COURAGE AND BE FEARLESS
THE GIRL WHO DID NOT WANT TO TRY
NEW THINGS

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