

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #21: BE A SUPERHERO



"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness.

That most frightens us. We ask ourselves Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be?"

- "Our Deepest Fear" a poem by Marianne Williamson

Being courageous involves having the mental and moral strength to venture, persevere, or withstand fear or difficulty. Everyone has the ability to be courageous, you only have to make the choice to use the courage that lies within you. We are "powerful beyond measure." Remembering you have the potential to do great things will empower you to persevere through difficult situations and face your fears. Do not be afraid of the power within you. Own it! Use it!

Practice Courage Today:



1. GRAB A PIECE OF PAPER AND PENCIL.
2. LIST THE NAMES OF SEVERAL SUPERHEROES YOU KNOW OF.
3. THINK AND REFLECT ON HOW EACH SUPERHERO SHOWS COURAGE, WHETHER IT BE ON THE INSIDE (THOUGHTS/FEELINGS) OR THE OUTSIDE (ACTIONS).
4. NEXT, THINK OF WAYS YOU CAN BE A SUPERHERO IN YOUR HOME, CLASSROOM, NEIGHBORHOOD OR ETC.
5. WRITE A LIST OF COURAGEOUS ACTIONS YOU PLAN TO DO IN THE FUTURE.

Parent Practice Tip:

Superheroes aren't just in comic books. Parents are the superheroes in their children's lives. The time and love you share with them is important, so today spend whatever time you can with your child(ren).

To Learn More:

What is Courage?

Akeelah and the Bee - Our Deepest Fear

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