

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #9: MAKE A COURAGE WALL



Although Cyndi Lauper sang about how “it’s hard to take courage in a world full of people”, she also encourages us that our true colors are beautiful. We shouldn’t be afraid to show our true selves and all the great things we do.

So much of what we do every day takes courage. Making the choice to tell yourself positive things about yourself takes courage. Courage is defined as the willingness and ability to work through obstacles despite feelings of embarrassment, fear, reluctance, or uncertainty. When you make choices to help yourself feel better, even though they may be difficult for you, you’re practicing courage.

Everyday acts of courage can help you overcome situations like taking the time to be kind to yourself, shutting off potential news or social media that make you feel bad about yourself, or stating an unpopular opinion in challenging times. There are opportunities to be courageous every day and practicing courage can have tremendous benefits for yourself and others.

Practice Courage Today:



1. WRITE DOWN THINGS ON A STICKY NOTE OR PIECE OF PAPER THAT YOU LIKE ABOUT YOURSELF, SUCH AS “I’M GOOD AT DRAWING” OR “I CAN MAKE MY FRIENDS SMILE”. EVEN A SIMPLE “I’M GREAT AT BEING ME” IS A FANTASTIC START. DESCRIBE YOUR THOUGHTS OR HOW YOUR BODY FEELS.
2. PLACE YOUR POSITIVE COURAGE STICKY NOTES OR TAPE YOUR POSITIVE COURAGE NOTES ONTO A MIRROR.
3. READ EACH COURAGE NOTE OUT LOUD TO YOURSELF. LET YOURSELF FEEL GOOD!
4. TELL A FRIEND OR A FAMILY MEMBER HOW YOUR COURAGE WALL HAS MADE YOU FEEL. ENCOURAGE THEM TO MAKE THEIR OWN COURAGE WALL!

Parent Practice Tip:

Show your children your own courage wall and how it makes you feel. Encourage them to make their own courage wall and read out their positive notes with them.

To Learn More:

“True Colors” by Cyndi Lauper
Inspiration for Courage Wall

www.ChooseLoveToThrive.org