

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #1: STRIKE A COURAGE POSE



John Wooden, former UCLA Basketball Coach once said, “The true test of a man's character is what he does when no one is watching.” There is a lot of truth to this quote, but how many of us, if honest, actually live it?

So much of what we do every day takes courage. Making the choice to do the right thing when nobody's watching, or choosing to be kind to someone when you are frustrated or fearful 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 positive choices, even though they may be difficult for you, you're practicing courage.

Everyday acts of courage help you overcome situations like being flexible to the “new normal”, solving conflicts that arise, 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. TAKE 3 BRAVE BREATHS.
2. CREATE A COURAGE POSE. WHEN FACED WITH A DIFFICULT SITUATION, TAKE A DEEP BREATH, SHOULDERS BACK, HEAD UP AND STRIKE A POSE.
3. PAY ATTENTION TO YOUR BODY'S PHYSICAL AND EMOTIONAL RESPONSE TO FEARFUL SITUATIONS. WHEN WE RECOGNIZE THE PHYSICAL SIGNS AND FEELINGS, WE CAN ACCEPT OUR FEAR INSTEAD OF WORKING AGAINST IT.
4. TRY SOMETHING NEW OR REVISIT SOMETHING YOU HAVE GIVEN UP ON.
5. KEEP AN “EVERYDAY ACTS OF COURAGE” JOURNAL.

Parent Practice Tip:

Feeling powerless, practice a mindful minute. Take a moment to focus on the things you have control over.

To Learn More:

Brave Breaths

Courage video

Mindful Minute

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