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Foreword

In the quest to make the best of every situation or to simply be the best everyone needs a certain amount of courage. There are several ways of manifesting the courage element in an individual's life, some of which come in the form of physical courage, mental courage, moral courage and a combination of all.

Developing the ability to face any form of adversity takes a concerted effort to encourage and groom the element of courage.



Courage Conqueror

Tips To Building Courage In Your Life

Chapter 1:

Introduction To Courage

Synopsis

Having the physical courage to adjust priorities and reevaluate situations is a very important feature to be exercised when necessary.



The Basics

Though it may seem impossible, having the courage to make the necessary changes allow the individual the option to move forward and improve from an otherwise negative situation. The element of courage is often not an easy feature in most individual's makeup but with the right motivation tool anyone can learn to develop and strengthen the resolve to be courageous.

Both on a personal level and professional level, courage should be looked upon as an uncompromising element that each individual needs to develop to ensure proper handling of matters in the face of adversity.

In scenarios where there is a very clear perception of risk, having the necessary courage to take on the risk will allow the individual to exercise the courage needed to see the goal reached.

Defining the situation and weighting the odds of successes should also be linked to the external factor of being courageous. The individual needs to "push" himself or herself to limits otherwise unimaginable with the element of courage which can also be termed as fortified bravery.

Symbolically though the heart is represented in the equation of courage it does play other consistent roles of keeping the blood flowing smoothly and represents the spiritual core of innermost centre of feelings. Courage is also a very much needed element when

faced with defeat as it is the key to ensuring the individual is able to continue the journey toward achieving the desired goal.



Chapter 2:

Understand That You Have Choices In Life- Have Self Belief

Synopsis

The key to having self belief lies in the understanding that each individual has the power and ability to control or fashion the outcome of any decision or action executed.

Previous experiences good or bad will eventually dictate the confidence levels harnessed in order to build the self belief needed to face future situations or scenarios.

In creating the mind set and understanding that there are choices and consequences to those choices available to the individual is perhaps the first step to acknowledging the power each individual has over any given situation.

Believe

In the quest to understand the advantageous of cultivating self belief through choices made, some important points need to be considered. Each individual should be encouraged to independently asses and make decisions or choices without fear of failure or negative implications.

When the individual is confident in making such decisions without being hampered with the element of negativity then there is freedom to choose and even learn from sometimes wrong choices.

Taking on new endeavors or exposing one's self to new and perhaps slightly different tasks will also help the individual to further learn to make better choices and more well informed decisions.

Addressing anxieties which may arise from the freedom element of making decision should also be considered as this directly impact the ability and confidence levels for future decisions.

When a decision has been made based on all relevant information studied or presented, the individual must then muster up the confidence to follow the course set based on the choices made. Even if the outcome is less than desirable, the experience gained would eventually work as an advantage for future reference.

Along with the knowledge that the individual has the option of making choices that impact the direction of any endeavor, the said individual is able to better equipped to handle more complex challenges.



Chapter 3:

Push Negativity Out Of Your Life

Synopsis

With negativity all around there is certainly enough without having to manifest it within one's own life. Avoiding negativity is not impossible but it certainly takes a concerted effort on the part of the individual.



Get Positive

Learning a few tricks will help make the process easier and more achievable. Here are some recommendations that should be carefully considered to ensure negativity is kept at bay as much as possible.

- Learning to be less critical of others and of things surrounding one's self is one of the most effective ways of keeping the negativity element from becoming a part of one's everyday existence. Some people just don't seem to realize that in constantly finding the negative aspects of everything they in turn become rather negative themselves. This then causes the individual to miss all the good qualities that are otherwise very apparent to others.
- Making conscious choices to be around positive people and circumstances is another way of keeping the negative element at bay. Being around positive people can not only benefit mentally but also physically as it helps the individual to experience only positive vibes and thoughts. When these positive vibes or thoughts develop into a habit the aura or possibility of thinking negative is greatly diminished.
- Having a strong sense of self worth and self respect is a naturally binding element to avoiding negative traits like arrogance and pride. The negativity of arrogance and pride

eventually causes the individual to lose focus on the goodness of anything.

- Idleness is purported to be a great cultivator of negativity. This then eventually leads to the aimless direction in the individual's life. Keeping occupied both in mind and body is definitely recommended even if the tasks seem trivial at the time. Keeping busy allows the mind to explore newer ways and ideas to achieving goals set.



Chapter 4:

Set Courage Goals

Synopsis

Courage is the ultimate decider when it comes to successfully reaching the desired results for goal setting. Without the element of courage, even the slightest hint of a problem will create the negative factor which may cause the negativity to set in. once the commitment is made towards a particular venture the courage element is the recognizable element that will keep the venture on track till its end.



Goals

However there are a few aspects that need to be carefully considered before beginning to consider setting up courage goals. The following are just some of the suggestions that can and should be considered.

- When setting courage goals one element that should be included is the action plan to be implemented. When the action plan is clearly defined, the individual should ensure that at least one item is carried out daily. As this is being done daily, the individual is able to maintain the motivation levels it takes to keep the venture on track.
- Try to avoid staying too comfortable in actions and thoughts related to a particular project or endeavor. Setting and trying new methods is one way of keeping the freshness aspect of the exercise and this requires the courage to explore all possibilities.
- Within the desire and execution of setting up courage goals there should also be a commitment to change. The changes should be for the better and beneficial to the overall exercise which may even transcend to physical changes required within the individual's own thinking and lifestyle.
- Having the courage to do whatever it takes to get the job done should be a prerequisite to ensure the success of any venture.

The courage needed to make difficult and unpleasant decisions should be done quickly and effectively, while at all times being aware of the consequences of any actions taken.



Chapter 5:

Get Outside Your Comfort Zone

Synopsis

More often than not people become too comfortable at some point in life which can cause them to lapse in an unexciting or at worst unproductive cycle. This is of course a very poor state of affairs which should be addressed.



Achieving

Sometimes getting out of the comfort zone requires the individual to face the fears such as feeling overwhelmed, decisions to move to the next level, expansions that are happening too quickly or slower than anticipated are just a few that can cause a certain level of panic for the individual.

There are many other varying elements that can cause a person to avoid venturing out of their comfort zones, but sometimes taking smaller steps is what is most effective rather than making rash and huge adjustments.

Though most individual tend to stick to what they are most familiar with, taking the challenge to try something new can often bring about surprising results.

Being open to trying something new is one way of breaking out of the comfort zone, as these new forays may require the individual to learn or acquire new skills or thought processes which can eventually be beneficial in other aspects of their lives.

Expanding one's social circles can also contribute to the exercise of stepping out of the comfort zone. Networking is an important contributor to the expansion of one's social circle which dictates the connections formed both on personal levels as well as business levels.

Through this exercise there are many possibilities that can be made available to the individual and besides the obvious expanding contacts one's knowledge base can also be widened considerably.

Another less explored though still very effective is the use of meditation, music, imagination, breathing and body to break out of the comfort zone. Though unconventional these techniques have proven to be beneficial and less “threatening” when explored.



Chapter 6:

Use Self Exploration And Be Open To Learn

Synopsis

Some simpler and less invasive ways would be to introduce the stress reduction techniques to first rid one's self of anything that could be hampering the self exploration exercise. Building positive mindsets and thoughts allows the individual to be more receptive to self exploration as any new ideas or perceptions being introduced would feel less daunting and overwhelming.



Possibilities

Learning to substitute negative thoughts for positive ones also helps to develop better self exploration techniques. Fear is purported to be the foremost element that hampers growth derived from self exploration.

Most people would like to avoid getting in touch with their inner self for fear of what they will find. This may not be beneficial as it also locks in any potential that could otherwise be released with the self exploration exercise.

When new discoveries are made, the individual must also be open to learning from these, as these may present opportunities that would otherwise not exist. Accepting the self exploration as a positive and beneficial exercise will further help the individual to be more open to learning from any discoveries made, thus bringing about changes for the better.

There are also professional developments programs that teach the individual to self explore and these have been known to produce amazing results.

As these programs are often conducted by individual who are better equipped to deal with any mental challenges faced during the self

exploration exercises, the participants are assured of a more clear understanding and perhaps explanation of any discoveries made.



Wrapping Up

Being happy and contented is not something that just happens automatically. It is often a state of being that has to be purposefully chosen and consciously practiced.

Simply choosing to do something and not physically or mentally participating to bring the choice made to reality does not equate the results desired. Sometimes one needs to exercise self exploration and be open to its findings in order to move to the next level or success or comfort or of whatever is being sought.

Find your courage today.

