

6 KEYS TO COURAGE



RENÉE GIARRUSSO

HAVE PURPOSE

Having a deep intention of what you want can fuel your inner courage. Purpose is linked to your outcome, a well-achieved purpose has to be on purpose or there is no point.



BE SELF-AWARE

Awareness is the foundation of the Gift Mindset. It is also a key component of courage. To make any change or face any challenge you need to be aware of yourself, your strengths, and your weaknesses.

BELIEVE IN YOURSELF

Beliefs are things we consider to be true. They form the basis of our thoughts and influence the choices we make. To be courageous, we need high self-belief levels in our abilities, skills and what we can achieve.



LIVE YOUR VALUES

Values change, and by being aware of what they are, we can better understand why we feel how we feel when our values are challenged and when we are living in alignment with them.

BE OPEN TO FAILURE

We need to be open and vulnerable to be courageous. We need to put ourselves out there, take risks, embrace uncertainty and be open for what comes to us.



TRUST

To be courageous, we need to trust ourselves and those involved in what we are setting out to do. We also need to trust ourselves, which comes from believing in our abilities and the 'why' of what we are doing.

