



Assessing Courage



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The idea of courage is appealing. Taking decisive, or even instinctive, action is a whole additional dimension. Talk is cheap; there are few repercussions, at least in contrast to those that action produce.

The Olympics are a beautiful example. When we make our New Year Resolutions, there is nearly always a component about increasing our physical fitness and overall wellbeing. A week later, there is conversation about how tough it is to make it happen and by summer, the chatter is about regret if you still feel chubby and sluggish because you didn't fulfill that deal.

What if those world class athletes did the same? What if they had only talked about getting great? What if they didn't have the courage to push forward and agonize through self defeating dialogue let alone the physical pain that comes with genuine fitness?

The same is true with every component of our lives – business and personal alike. It takes real courage to allow yourself to see what is necessary, to call out what is wrong, take action so that excellence can be achieved – in your business, your home life, your friendships, and your health. Courage is a beautiful action, engage it daily.

You'll find access to this tool, and more, on our web site. Come take a look, gauge where you are inside of your life and conduct a bit of your own audit. Give it a try, then e-mail me to let me know how it's working for you.

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