



Get to Know Your Courage

I have been writing these challenges for a number of years now and I endeavour not to repeat myself. However there are certain events that mark my year, the most recent of which happened last weekend. As director of Féile an tSamhraidh (Summer Festival) each year I see hundreds of youngsters and not so young-sters compete across a range of musical classes.

Each year the hard work and talent on display is heart-warming. And each year there are a small number of individuals that get overwhelmed by nervousness and yet they keep performing to the end. Even at a very young age they are very aware of when it goes wrong but each time they collect themselves and keep going. Our wonderful adjudicators always acknowledge the courage that all of the performers demonstrate in getting up on stage and performing. And yes courage to continue even when they are afraid is a very real form of courage.

At a completely different level most of us have awareness of individuals and their families who are fighting major medical health issues and other adversities and for whom each day is a fight for life. This courage in the face of adversity is easy to see as courage.

Other forms of courage include those who fight for social justice, who follow their passions even when it does not seem rational, and so it goes on. Courage comes in all sorts of situations and what is plain sailing for one person can be an act of profound courage for another. The challenge of courage and fear in our daily lives is that it is often invisible to others.

Which brings me to my challenge for this week. Take a little time to think about situations in your own past when you have found your courage. Write down the details of the situation. Who was around you? How did they help? What did you do to overcome your fear? Just like the children in the competitions who overcame their fears we have all learned to deal with fear and find our courage. Take the time to be aware of the lessons that you have learned and know that the knowledge is always available to you.

Warm Wishes

Mary

If you that fear is blocking you making progress then give me a call and together let us unblock your success