Some definitions of Courage

• “Courage is the choice and willingness to confront agony, pain, danger, uncertainty, or intimidation.” [Wikipedia]

• Noun (from [Google])
  • the ability to do something that frightens one.
  • "she called on all her courage to face the ordeal"
  • strength in the face of pain or grief.
  • "he fought his illness with great courage"

• From [Merriam-Webster.com]
  • Courage definition is - mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty.
Some of my experiences with Courage...

- I endured 4 several Inner ear surgeries spanning 5 years to 24 years.
- I was picked on in elementary school (4\textsuperscript{th} thru 6\textsuperscript{th}). I took the punches and didn’t continue the fight. (I thought it was the right thing to do)
- When I got my first car in H.S., I REALLY gained courage, and a lead foot too! 😊
- I gained courage when got my first girlfriend.
- When I learned to fly, and later a Flight Instructor, especially flying in the clouds.
- University study gave me a LOT of “liquid Courage” (Adult Beverages)
- When I had 5 Pituitary surgeries (4 under knife and 1 with Gamma Knife)
- My transformation from Disability to ADVOCACY...
Does anyone have a Courage story you’d like to tell?

COURAGE
IS NOT THE ABSENCE OF FEAR,
BUT RATHER THE JUDGEMENT
THAT SOMETHING ELSE
IS MORE IMPORTANT
THAN FEAR.

JAMES NEIL HOLLINGWORTH

Each time we face
our fear, we gain
strength, courage,
and confidence
in the doing.

- Theodor Roosevelt

PassItOn.com
Appendix:

• The 4 Types of Everyday Courage from WRITTEN BY CATHY J. LASSITER

- Moral Courage:
  Standing up and acting when injustices occur, human rights are violated or when persons are treated unfairly.

- Disciplined Courage:
  Remaining steadfast, strategic, and deliberate in the face of inevitable setbacks and failures for the greater good.

- Intellectual Courage:
  Challenging old assumptions and acting to make changes based on new learnings, understandings and insights gleaned from experience and/or educational research.

- Empathetic Courage:
  Acknowledging personal bias and intentionally moving away from them in order to vicariously experience the trials and triumphs of others.