

“Nothing has power over you other than which you give it through your conscious thoughts.” Tony Robbins

Life is about living to our fullest. It's about doing the right thing at the right time and it's also about using what we have been given to do our utmost to excel. There's a saying, *valor grows by doing but fear grows by holding back*. One of the biggest challenges that I have dealt with high performance coaching and getting people to step up is, the lack of courage. People are not courageous enough to step into their power and do what they have to.

You should know that, *you're special and you've been given an opportunity to live a life*. You're one in many who have been ordained to come and live a life where, you're making a difference. A life where you're doing something that people are going to remember you for. You have a duty to step up and live a life where you're a role model to your children, in business or to your spouse and one of the things you'll need is courage. Challenge yourself to be more courageous and to do stuff where you'll step up.

[10 practices to Help you develop courage & Take Action.](#)

Anchor yourself to something that you care so much about.

Find an anchor that you could fight for. *What is that one thing you would do whatever it took to make sure you achieved it?* Who is that person you would fight for so that they can live a great life? Is it your children, partner or wife? Find something that you would fight for.

Practice the **big muscle of asking “BIG ASKS”**

For the next 6 to 12 months, I want you to ask the BIG ASKS. *Go ask for interviews with people you’ve never thought you could meet.* Ask for an interview to talk to somebody you thought was so far away. Look out for role models, ask for that promotion, ask that girl to marry you. Just find the BIG ASKS.

Personally, am sending emails to all the guys I have admired over the years saying, I want to talk to you to, find a way to serve you, learn and be like you. I am doing the BIG ASKS because I know it’s taking courage from me. Are there people who’ll say no? Absolutely but, that’ll give me the urge to keep going.

What are you going to do to make sure you’re having the BIG ASKS? Who are the people you want to talk to? Who are the people you have always wanted to interact with but are far?

Stop bothering with other people’s opinion

It’s their opinion, it’s about them so, let them deal with their stuff. You focus on you. Are you always going to find people who have things to say about you? There’s a great saying, *nobody kicks a dead dog.* Because you’re moving, you’re doing things, people are going to have opinions.

What you should know is, opinions are cheap. Everybody has got one. As long as your mission is pure, is coming from the heart and you’re doing the best for the things and people you care about, have the courage to know that nothing else matters and, somebody else’s opinion cannot become your reality.

Make feedback part of your life

Begin to do things and get so much feedback cause, *there's no way you'll get feedback if you're not moving or working.* And, there's no way you'll get failure unless your starting and attempting things.

What is that business idea you have? What is that letter you've wanted to write? What is that recipe you've wanted to attempt? Who is that person you've wanted to talk to? Find something and begin to do it. You'll fall, you'll rise and before you know it, you'll have become more courageous to even attempt bigger and better things.

Develop an internal Warrior Spirit

Every once a week, do something that's crazily scary. Just find something that scares you, talk to somebody you've had a problem with, have the ability and courage to say sorry. Be the kind of person who brings up the warrior spirit in you because, when you begin to tap into that, somehow, you get more courageous to do other things. *When your Warrior spirit comes out, you'll begin to move, making things happen and that's what life is about.*

Stand by your word

A times, you might say something you're convinced about and people may ridicule it or tear it apart but, I want you to stand by your word regardless. *Whether other people agree with it or not, stand by your word.* At times, you may say things but somebody has a better opinion and they find a way to make you see a better way of doing things, this is different.

At times you find people, they come up with great stuff, they're challenged a little and they back off. If you have surveyed, thoroughly looked through it and you know what you are saying will work or make a difference, stand by your word.

Practice saying NO without making excuses

Practice saying No and don't have to explain why. For example, a friend invites you for an evening and you don't want to go. Just say NO and move on. It's not easy but you'll begin to build up some courage. There is something beautiful about saying NO and not having to explain why you said NO.

You have a right to just say NO because when you do, you'll begin to build a muscle of courage. The more courageous you are, the more you're going to go after your dreams. The more you go after your dreams, the more you're going to realize some of them and the more you're going to be able to make a difference in the lives of the people you and the entire nation at large. So, learn to say NO.

Practice the mirror exercise in the morning

Write the word I am enough and put it next or on top of your mirror. Every morning as you brush your teeth or dress up, when you finish, just say, **I AM ENOUGH**. I practice this a lot and when I get out of the house, am feeling good and am courageous because, other people's opinions don't matter. I am much more congruent and confident in what am doing most importantly, am showing up authentically. Every day in the mirror, practice saying, I AM ENOUGH.

Just do it

During my research of finding out how to build courage, I listened to Mel Robbins's 5 Second Rule. This is where you learn to make decisions and take actions 5 seconds after you think about something because after that, you lose the opportunity.

Think about something, let's say you want to learn how to play a guitar, *if you don't make a decision in 5 seconds, you'll begin to procrastinate* and then it'll become a bit of a problem. Your thinking of doing something, make a decision of whether to do it in 5 seconds. If you do, you'll begin to build your courage, feel better and you'll accomplish more.

Give yourself permission to be courageous

Make a decision today to, give yourself permission to be extremely courageous for the people you love, for your life's mission and for your purpose in life. There's something that will happen to you when you give yourself permission to be courageous. I can't explain it but, it's an amazing feeling. You begin to get out and do what you have to do most importantly, you begin to create the kind of results you deserve.

Surround yourself with dare-devils. Go find some crazy guys.