

# Courage

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**Courage** (also called **bravery** or **valor**) is the choice and willingness to confront agony, pain, danger, uncertainty, or intimidation. **Physical courage** is bravery in the face of physical pain, hardship, death or threat of death, while **moral courage** is the ability to act rightly in the face of popular opposition, shame, scandal, discouragement, or personal loss.

The classical virtue of **fortitude** (*andreia*, *fortitudo*) is also translated "courage", but includes the aspects of perseverance and patience.

## 10 Elements Of Courage

People with courage possess ten shared characteristics. They should remain as guideposts in your journey through life:

**Self Confidence**: Courageous people believe in themselves. They know who they are and what they stand for.

**Conviction**: You always know where courageous people stand. They're passionate about their beliefs and values and have consistent and predictable behavior.

**Integrity**: Courageous people know the difference between right and wrong. They don't just talk about honor, they live it every day-backing their words with action.

**Leadership**: Courageous people are not deterred by adversity or afraid of what other people may think of them.

**Compassion**: Courageous people put other people's needs ahead of their own.

**Objectivity**: Courageous people can make sound decisions if the options are presented to them in an open, honest, and objective manner.

**Strength In Adversity**: Courageous people aren't afraid of swimming against the tide or challenging the status quo. They stare adversity in the eye-running towards it rather than away.

**Change Masters**: Courageous people step outside their comfort zones and take on challenges that lie ahead.

**Embrace The Unknown**: Courageous people follow their intuition when the information doesn't reveal what is required to make the decision. They follow their instincts.

**Action**: Courageous people put their money where their mouth is. They know that it is not enough to talk about doing something-instead they act.