

Putting Courage First



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EMPOWERING PEOPLE PERFORMANCE

What is possible when we dump the need for confidence and tap into courage?

Amazon has 30,000 books that dive into confidence. A google search yields 1,190,000,000 results that focus on , what to do to get more confidence expanding to, how to get it back when we lose confidence. Articles and research are heavily biased towards women, it seems we are seen as being at a disadvantage and more afflicted by CMIA (confidence missing in action). umm, I think this is a human condition not a women's condition.

Our obsession with confidence, whilst being well meaning (well most of the time) is misguided. How much time and energy do we spend searching, trying, comparing then beating ourselves up because we are Confident Deficient.

Looking back over your life, the hard times, the challenging times. What got you through?

My guess is that you tapped into your courage and then got into action. Connecting with courage + getting into action is the secret formula to move from stuck to transformation.

Waiting for confidence to show up first is like waiting for a train that hasn't been scheduled. Peter cook recently gifted me a copy of Atomic Habits by James Clear. A great resource that will get you on your way to creating a rhythm of habits/actions.

Pollyanna