



Dear Friend,

When Courage Is on the Agenda

As I write this, millions of us have been glued to televisions, computers, and other devices following the 2012 Olympics in London, England. We've watched athletes from around the world, digging deep and giving it their all, as they take advantage of the opportunity of a lifetime -- to compete in their chosen sports against the best.

Realize it or not, what we've seen is courage in action. Courage is at the core of rising early to practice before school or work, and then repeating that regimen later in the day. Courage dictates prioritizing healthy living over the alternative in order to achieve a goal. Courage is shown when you continue pushing...even though you're in last place with no way of pulling out a win. And, in those rare instances when sportsmanship has been tested, courageous officials have taken a stand and reinforced values that transcend geography, culture, or sport.

While most of us never were (or will be) Olympians, courage is nonetheless called for in our daily lives as well. Think about it:

It takes courage to live with integrity. Too often people around us demonstrate commitment or work hard...when others are watching, that is. However, integrity is having the courage to be honest and to do your best even when no one else will ever know.

It takes courage to innovate. It can be scary to try something that's not been tried before or that's not been done successfully to date. People may question your common sense, your wisdom. Oh my, and if your first attempt (or your first 100) happens to fail, the looks or whispers or (for the bold) actual questions begin. Yet, it takes courage to keep your dream alive, to remain creative, and to continue building.

It takes courage to strive for excellence. Now, don't misunderstand me. I don't expect everyone to BE excellent; we're not all at the same place and don't all have the skills and abilities. Instead, courage lies in seeking to BE your best. It takes courage to opt against taking the easy route. It takes courage to work hard and to improve continually and not to be satisfied with just enough to slide by. And, it takes courage to educate kindly (or sometimes just to smile) when you hear comments, such as "You're okay, why are you killing yourself?" or "You just have to be perfect, don't you?"

So, how courageous are you? Whatever your answer, may you find an extra dose today!

All the best,

June

June Melvin Mickens
Executive Advantage, LLC

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"Quotes"

"I love seeing good ideas and people who have the courage to back them up[.]"
~Bobby Burns

"Each person has inside a basic decency and goodness. If he listens to it and acts on it, he is giving a great deal of what it is the world needs most. It is not complicated but it takes courage. It takes courage for a person to listen to his own goodness and act on it."
~Pablo Casals

"Courage is very important. Like a muscle, it is strengthened by use."
~Ruth Gordon

*"Ordinary people, even weak people, can do extraordinary things through temporary courage generated by a situation. But the person of character does not need the situation to generate his courage. It is a part of his being and a standard approach to all life's challenges. *** Character is not a fancy coat we put on for show; it's who we really are."*
~Michael Josephson

"You gain strength, courage, and confidence by each experience in which you really stop to look fear in the face. You are able to say to yourself, I have lived through this horror. I can take the next thing that comes along. You must do the thing you think you cannot do."
~Eleanor Roosevelt

"Successful leaders have the courage to take action where others hesitate."
~Unknown

About Executive Advantage

At **Executive Advantage**, we are committed to providing results-based business and management consulting, leadership development, and coaching support. We partner with business leaders to build healthy, well-functioning organizations, where goals are met and people thrive. We also partner with individuals to create professional (and personal) lives with clearer direction, improved results, and greater balance.

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