

Courage is Not the Opposite of Fear...It is Feeling the Fear and Moving Forward through It

*We are not born with courage, we take action by learning and teaching ourselves to be brave.
In doing so, we improve our newly reinvented life.*

Courage – A Leap of Faith



There was a time in my life I
rode the brave hearted
horse
Her courage seemed
unbounded and full of life.

We practiced daily for the
cross country event which
required my courage
Yet my fear of jumping the
four footed fence gave me
a fright.

I have to jump it I said with
conviction to my self

Jump and find courage like my mount

But if I mess up or misjudge I'll end up on the ground starting over with my body and feelings being hurt.

I thought about the work I had put into this moment, the little steps forward in order to gain ground.

I thought about the setback I would feel if I failed, and hoped my courage would grow inside me all around.

I loosened my grip and remembered the past when my mount worked hard to jump high. She practiced regularly at the end of a lounge line tirelessly so she could carry the weak minded like me above the ground.

So I gave her a pat and an encouraging word, my faith would be called upon immediately For turning back and chickening out would be worse than the feeling of fear in order for my courage to grow increasingly inside of me.

So many times in our lives we are called upon to have courage while fear lives deep within our heart. It is the ability to do something when we are frightened for our physical self or our personal being. It is the strength that we call upon ourselves in order to move forward in life. If it was easy to move forward or walk through a hard situation we would not need courage.

In the example above of attempting to conjure courage and jump the four foot fence I had to think of my physical self and whether harm might come to me. I also needed to consider my personal self: how would I feel if I couldn't make the event because I hadn't practiced jumping the 4 foot fence?

These are the things I considered in deciding whether it was courage I needed to conjure up or if my fear was based upon a truth that I really should not be approaching a 4 foot fence yet.

1. I had practiced little steps daily to build up the skills I needed.
2. I took a step back to look objectively and decide if I could physically and mentally make the jump.
3. I thought about loosening the reins and relaxing so I could take the leap.
4. I thought about my horse and encouraged her so my focus wasn't on myself after I decided I had put the necessary practice in to safely make the jump.
5. I thought about my goals of going to this event to strengthen my resolve to take the jump.
6. And then I took action, imagining that I put my fear on the fence rail by the gate and headed for the four foot jump.

I did clear the obstacle successfully that day and was not only relieved but also proud of myself for riding through something that I was scared of.

Later, in hindsight, I decided that I did not enjoy the experience of leaping over a four foot solid wooden barrier enough to continue to participate in the higher level events. But I did pat myself and my horse on our backs for realizing that fear isn't always helpful, but then again, sometimes it is. We have to assess and decide for ourselves what we need to do to create the reinvented life we want to live.

Courage is moving forward even though you may feel fear.

Journal Prompt: I would like to have more courage to do or walk through:

If it was a friend in this same situation, this is how I would view their situation:

These are the tiny steps I can take to develop more courage and take action:

Affirmation: I can move forward one tiny step at a time.