

# ATTRIBUTES OF COURAGE

COMFORTABLE WITH UNCOMFORTABLE - Get outside of your comfort zone, make trying 'new' things a habit.

DON'T QUIT - Persevere when things get tough, make 'finish what you start' a personal mantra.

FACE YOUR FEAR - Do it anyway, we all have fears but it's important that we don't let them hold us back from everything we want in life.

PAIN HAS A PURPOSE - Suffer with dignity, understand that pain is a natural part of life and that it too can change us for the better.

PICK YOUR BATTLES - Stand up for yourself and others, because it's the right thing to do.

PURSUE YOUR PASSION - Living life doing the things you're passionate about inspires others, and we all need inspiration.