**Starting-Over Guidesheet #7**

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**Your Definition of Courage**

***Judith Couchman***

In the last blog I introduced you to my friend Latayne and her new novel, The Latter-Day Cipher. In my world switching from writing nonfiction to fiction embodies courage. But I also think each of us carries around our own definition of courage, and who or what represents it.

Years ago at a writer’s conference I received an award for “being courageous” because I worked on a difficult, long-term project. This surprised me. I’d only thought of myself as fumbling forward in the dark, too crazy to quit. On the other hand, a friend’s nonchalant penchant for downhill skiing looks courageous to me. One person’s courage can be another person’s effortless enjoyment.

So it’s important to define courage for yourself. What does courage look like to you, especially in the starting-over process?

1. How would you define courage?
2. Think about people you know. Who embodies courage? Why?
3. Now consider your life. What action(s) on your part would constitute being courageous?
4. What courage do you need right now, especially in the starting-over process?
5. What are the obstacles to mustering up this courage?
6. How can you overcome these obstacles?
7. What would be the reward(s) of this courageous act?
8. How have you found courage in the past? How can you draw on this experience?
9. How can you step forward with courage?
10. Who can help you with this step?

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