

Reflections on Courage

1. Whatever you can do, or dream you can . . . begin it; boldness has genius, power, and magic in it.
Johann Wolfgang Von Goethe
2. Good character is that quality which makes one dependable whether being watched or not, which makes one truthful when it is to one's advantage to be a little less than truthful, which makes one courageous when faced with great obstacles, which endows one with the firmness of wise self-discipline.
Arthur S. Adams
3. Courage is like love; it must have hope to nourish it.
Napoleon Bonaparte
4. Courage is a special kind of knowledge: the knowledge of how to fear what ought to be feared and how not to fear what ought not to be feared.
David Ben-Gurion
5. Nothing in life is to be feared. It is only to be understood.
Marie Curie
6. I thatched my roof when the sun was shining, and now I am not afraid of the storm.
George F. Stevens
7. It is better to have a right destroyed than to abandon it because of fear.
Phillip Mann
8. The only courage that matters is the kind that gets you from one moment to the next.
Mignon McLaughlin
9. Our doubts are traitors and cause us to miss the good we oft might win by fearing to attempt.
William Shakespeare
10. Faith is not trying to believe something regardless of the evidence; faith is daring to do something regardless of the consequences.
Sherwood Eddy
11. Courage is the price that life exacts for granting peace.
Amelia Earhart
12. The more people who believe in something, the more apt it is to be wrong. The person who's right often has to stand alone.
Soren Kierkegaard
13. Do not attempt to do a thing unless you are sure of yourself; but do not relinquish it because someone else is not sure of you.
Stewart White

14. Moral courage is a virtue of higher cast and nobler origin than physical. It springs from a consciousness of virtue and renders one, in the pursuit or defense of right, superior to the fear of reproach, opposition in contempt.
Samuel Goodrich
15. If you have a great ambition take as big a step as possible in the direction of fulfilling it, but if the step is only a tiny one, don't worry if it is the largest one now possible.
Mildred McAfee
16. A great part of courage is having done the thing before.
Ralph Waldo Emerson
17. Life is not easy for any of us. But what of that? We must have perseverance and, above all, confidence in ourselves. We must believe that we are gifted for something, and that this thing, at whatever cost, must be obtained.
Marie Curie
18. It takes far less courage to kill yourself than it takes to make yourself wake up one more time.
Judith Rosner
19. The most drastic and usually the most effective remedy for fear is direct action.
William Burnham
20. Life shrinks or expands in proportion to one's courage.
Anaïs Nin
21. The difference between getting somewhere and nowhere is the courage to make an early start. The fellow who sits still and just does what he is told will never be told to do bigger things.
Charles M. Schwab
22. The human spirit is stronger than anything that can happen to it.
C. C. Scott
23. I am the only one; I cannot do everything, but still I can do something; and because I cannot do everything I will not refuse to do the something that I can do.
Edward E. Hale
24. It is an error to suppose that courage means courage in everything. Most people are brave only in dangers to which they accustom themselves, either in imagination or practice.
Edward George Bulwer-Lytton
25. Courage! I have shown it for years; think you I shall lose it at the moment when my sufferings are to end?
Marie Antoinette
26. Every tomorrow has two handles; we can take hold by the handle of anxiety or by the handle of faith.
Henry Ward Beecher
27. It is a good rule to face difficulties at the time they arise and not to allow them to increase unacknowledged.
Edward W. Ziegler

28. A crowd of troubles passed him by
As he with courage waited;
He said, "Where do you troubles fly
When you are thus belated?"
"We go," they say, "to those who mope,
Who look on life dejected,
Who meekly say 'good bye' to hope,
We go where we're expected."
Francis J. Allison
29. To tremble before anticipated evils, is to bemoan what thou hast never lost.
Johann Wolfgang Goethe
30. Worry, whatever its source, weakens, takes away courage, and shortens life.
John Lancaster Spalding
31. Courage is the first of human qualities because it is the quality which guarantees all the others.
Winston S. Churchill
32. The courage of the tiger is one, and of the horse another.
Ralph Waldo Emerson
33. To be worth anything, character must be capable of standing firm upon its feet in the world of daily work,
temptation, and trial.
Samuel Smiles
34. When a dog runs at you, whistle for him.
Henry David Thoreau
35. Accustom yourself to master and overcome things of difficulty; for if you observe, the left hand for want of
practice is insignificant, and not adapted to general business, yet it holds the bridle better than the right,
from constant use.
Pliny
36. There is plenty of courage among us for the abstract, but not for the concrete.
Helen Keller
37. Adversity has the effect of eliciting talents which in prosperous times would have lain dormant.
Horace
38. Choose always the way that seems best, however rough it may be; custom will soon render it easy and
agreeable.
Pythagoras
39. Courage, it would seem, is nothing less than the power to overcome danger, misfortune, fear, injustice,
while continuing to affirm inwardly that life with all its sorrows is good; that everything is meaningful even
if in a sense beyond our understanding; and that there is always tomorrow.
Dorothy Thompson
40. The block of granite which was an obstacle in the path of the weak, becomes a stepping stone in the path of
the strong.

Carlyle

41. Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly start remedying them—every day begin the task anew.
St. Francis de Sales
42. A pessimist is one who makes difficulties of opportunities; an optimist is one who makes opportunities of difficulties.
Reginald B. Mansell
43. To grow and know what one is growing towards—that is the source of all strength and confidence in life.
James Baillie
44. Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.
Winston Churchill
45. The most sublime courage I have ever witnessed has been among that class too poor to know they possessed it, and too humble for the world to discover it.
George Bernard Shaw
46. The person who knows no guilt knows no fear.
Philip Massinger
47. For truth and duty it is ever the fitting time; whoever waits until circumstances completely favor an undertaking will never accomplish anything.
Martin Luther King
48. All problems become smaller if you don't dodge them, but confront them. Touch a thistle timidly and it pricks you; grasp it boldly and its spine crumbles.
William S. Halsey
49. In the midst of winter, I finally learned that there was in me an invincible summer.
Albert Camus
50. If we would guide by the light of reason we must let our minds be bold.
Louis D. Brandeis
51. Courage is as often the outcome of despair as of hope; in the one case we have nothing to lose, in the other everything is to gain.
Diane de Poitiers
52. Hope awakens courage. The person who can implant courage in the human soul is the best physician.
Karl Ludwig Von Knebel
53. Not one of us knows what effect his life produces, and what he gives to others; that is hidden from us and must remain so, though we are often allowed to see some little fraction of it, so that we may not lose courage. The way in which power works is a mystery.
Albert Schweitzer
54. There is no fear without some hope, and no hope without some fear.
Baruch Spinoza

55. Courage and perseverance have a magical talisman, before which difficulties disappear and obstacles vanish into air.

John Quincy Adams

56. It takes vision and courage to create—it takes faith and courage to prove.

Owen D. Young

57. Courage to start and willingness to keep everlastingly at it are the requisites for success.

Alonzo Newton Benn

58. We can do anything we want to do if we stick to it long enough.

Helen Keller

59. It's better to be a lion for a day than a sheep all your life.

Elizabeth Kenny

60. The test of tolerance comes when we are in a majority; the test of courage comes when we are in a minority.

Ralph W. Sockman

Courage: The inner quality which is expressed when one takes action under the following circumstances:

- there is an uncertain or unpredictable outcome (risk is present);
- the person taking the action is fearful, nervous, anxious, concerned (emotional component);
- positive intentions (values/beliefs) are the drivers of the action.

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