

The Courage to Succeed

Most people let fear of failure and fear of the unknown hold them back from even starting anything new. They don't realize that fear is a smokescreen.

Even if they get started, most people quit as soon as they face any opposition. They don't give themselves time to learn the skills they will need to succeed.

In order to succeed in anything you need two types of courage. The courage to get started and the courage to endure – to not quit.

The courage to get started comes from believing the goal is possible.

The courage to not quit comes from your desire. If you want something badly enough nothing will make you quit.

Olympic coaches and top motivators and leaders understand that in order to help people achieve more, you have to help people believe it's possible and constantly fuel people's desire to reach the goal. By doing this, they help their people take bold risks – and win.

By boldly taking action and leaving behind what feels safe, massive change can occur – life-changing change.

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