

Life and Business Leadership Insight - August

"Courage does make a difference"

There are times in everyone's life where they wish they had the courage to do something bold and challenging. The courage to change a relationship, a habit, a behaviour that is limiting your ability to realize your potential.

Of course, the first step toward achieving this state is to recognise the situations where you feel uncomfortable and to have the courage to work out an alternative solution. Perhaps another aspect to living your life with courage and conviction is to understand your values and be prepared to protect them and live them day to day. Even understanding what your values are is an invaluable navigational tool that will help you live your life according to your unique purpose. Often times when someone comes to me seeking advice on career and future, I will ask them to identify what do they truly value in both life and business. This has the potential to be an "ah ha" moment when they suddenly realise that their values are not in alignment with their current direction.

Only when they have had the chance to ponder this that the link between courage, values and motivation becomes clearer.

Values and their effect on human motivation can perhaps be simply summed up by understanding the following simple model. What I value leads to the creation of a desire; the strength of the desire becomes the catalyst for creating the power to achieve your outcome.

Value > Desire > Power > Achievement.

How does courage affect human motivation I hear you ask?

Easy!

You need courage to live by sound values and courage to achieve the goals that germinate from your value system.

So what do you value and how prepared are you to defend it?

Performance Enhancing Substance:

"If I have seen further, it is by standing on the shoulders of giants"

Isaac Newton

Performance Enhancing Reading Material:

"To Kill A Mockingbird" Harper Lee. Pan Books. 1974

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