

To Ponder and To Practice

- Who is one of the most courageous people you have ever known? How would you like your life to more closely reflect the qualities of that person?
- Draft a list of every job you have ever held. Consider how you made each choice of accepting and then leaving each position. Look for the thread(s) of reason of how and why you chose those particular paths. Is there a pattern? If so, do you like the pattern? If not, how would you like to change it? Would you like to choose a new pattern? If so, choose it based on your deepest values and the longing of spirit. Your soul's joy may be your reward.
- We will always *have* fears, but we need not *be* our fears, for we have other places within ourselves from which to speak and act and choose. At times when we feel dizzy with fear, it is easy to forget that we have solid ground upon which to stand and make choices. Like the ground of our deeply held convictions or our cherished values and ideals. Like the granite ground of hopes and dreams. Identify a place within yourself from which you can speak and act and choose even when facing fear.
- We all live on faith, whether we put it in our failure or in our success. Where do you find yourself putting your faith these days?
- One of the rules of caution is not to be too cautious. In what areas of your life do you tend to play it safe? In what area of your life might it be wise to throw just a bit of caution to the wind?
- Consider some of the risks you have taken in your life which you are really glad you took. Consider some of the risks you have taken that you are not so glad about. How are your present circumstances different or similar to these past situations?
- Rainer Marie Rilke advised us that "Our deepest fears are like dragons guarding our deepest treasure." What treasure do you think your current fears are guarding?
- Life is a river that keeps running, whether or not you make decisions, it will make them for you. What decisions have you been putting off which life may just make for you unless you take control?
- What do you love more than you fear? How can you motivate yourself more by what you love than by what you fear?
- We must always give up something in order to get something. You can't fill a cup without emptying it first. You can't even move to a new place in the room without giving up the space you occupy. Sacrifice is a basic concept of our universe. What are some of the sacrifices you are willing to make in order to make necessary changes in your life?

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Practice New Wings

- In the face of new challenges, it is important to keep the flame of hope and faith burning. What are three small things you can do to keep that flame burning? (For example, reread a book you love, listen to music that takes you back to a great time in your life, rent a few of the movies that you find inspiring or spend time with people who encourage you.)
- From what sources do you take your idealized image of yourself? In forming your own collage of a spiritual hero, which people in your life model for you the qualities you aspire to?
- Choose a favorite quote from this chapter's *Passages* and post it where you will read it often and internalize it as you work to foster courage in your life and work.
- Choose a daily habit, routine or symbol to remind you of your desire to practice courage and take small steps in the face of fear. (e.g., Use being in line or waiting in traffic as a reminder that life is lived moving one inch (person or mile) at a time, or let birds in flight remind you to try your own wings.)
- Given everything you have read in this chapter, what do you want to *keep* doing? What do you want to *stop* doing? What do you want to *start* doing?

