

## Courage

Written by Delores A. Hampton  
Monday, 19 March 2012 23:52

---

Courage is the strength to stand up  
When it's easier to fall down and lose hold.  
It is the conviction to explore new horizons  
When it's easier to believe what we've been told.

Courage is the desire to maintain our integrity  
When it's easier to look the other way.  
It is feeling happy and alive, and moving forward  
When it's easier to feel sorry for ourselves and stay.

Courage is the will to shape our world  
When it's easier to let someone else do it for us.  
It is the recognition that none of us are perfect  
When it's easier to criticize others and fuss.

Courage is the power to step forward and lead  
When it's easier to follow the crowd; their pleas resound.  
It is the spirit that places you on top of the mountain  
When it's easier to never leave the ground.

The foundation of courage is solid,  
The rock that doesn't roll.  
Courage is the freedom  
Of our mind, body, and soul!