

# COURAGE, BEST QUOTES ON

Courage does not always roar. Sometimes, it is the quiet voice at the end of the day saying, 'I will try again tomorrow.'

--Mary Anne Radmacher

Courage is not limited to the battlefield or the Indianapolis 500 or bravely catching a thief in your house. The real tests of courage are much quieter. They are the inner tests, like remaining faithful when nobody's looking, like enduring pain when the room is empty, like standing alone when you're misunderstood.

--Charles Swindoll

To see what is right, and not to do it, is want of courage or of principle.

--Confucius

The only thing we have to fear is fear itself—nameless, unreasoning, unjustified terror which paralyzes needed efforts to convert retreat into advance.

--Franklin D. Roosevelt

We fear things in proportion to our ignorance of them.

--Livy

It is curious—curious that physical courage should be so common in the world, and moral courage so rare.

--Mark Twain

Courage is doing right when everyone around you is doing wrong.

—Poster Slogan

Keep your fears to yourself, but share your courage with others.

--Robert Louis Stevenson

Perfect courage lies in doing without witnesses what we would be capable of doing in front of all the world.

--La Rochefoucauld

If we let things terrify us, life will not be worth living.

--Seneca

He who fears something gives it power over him.

--Moorish Proverb

If a man harbors any sort of fear, it percolates through all his thinking, damages his personality, makes him landlord to a ghost.

--Lloyd Douglas

Courage is doing what you're afraid to do. There can be no courage unless you're scared.

--Eddie Rickenbacker

Everything you want is on the other side of fear.

--Jack Canfield

The true test of moral courage is the ability to ignore an insult.

--Prophet Muhammad

All students take tests, but the most difficult challenge of all may be the test of one's will, one's courage, and one's self-esteem when confronted by a bully.

—Dan L. Miller

Courage is contagious. When a brave person takes a stand, the spines of others are stiffened.

--Billy Graham

Fear is the dark room where negatives are developed.

--Michael Pritchard

I wanted you to see what real courage is, instead of getting the idea that courage is a man with a gun in his hand. It's when you know you're licked before you begin anyway and you see it through no matter what. You rarely win, but sometimes you do.

—Atticus Finch in  
Harper Lee's *To  
Kill a Mockingbird*

Have the courage to face a difficulty lest it kick you harder than you bargain for.

--Stanislaus I of Poland

No man in the world has more courage than the man who can stop after eating one peanut.

—Channing Pollock

A timid person is frightened before a danger, a coward during the time, and a courageous person afterwards.

--Jean Paul Richter

Courage is rightly esteemed the first of human qualities because it is the quality which guarantees all others.

--Winston Churchill

The highway of fear is the shortest route to defeat.

--Unknown

I believe that anyone can conquer fear by doing the things he fears to do, provided he keeps doing them until he gets a record of successful experiences behind him.

--Eleanor Roosevelt

The essence of courage is not that your heart should not quake but that nobody else should know that it does.

--E. F. Benson

Courage is grace under pressure.

--Ernest Hemingway

The world has always been a bad world for the cowardly, the tired, the weak; always a good world for the brave.

--Unknown

There is a calculated risk in everything. There has been a calculated risk in every stage of American development. The nation was built by men who took risks—pioneers who were not afraid of the wilderness, brave men who were not afraid of failure, scientists who were not afraid of truth, thinkers who were not afraid of progress, dreamers who were not afraid of action.

--Brooks Atkinson

One man with courage makes a majority.

--Andrew Jackson

We must have courage to bet on our ideas, to take the calculated risk, and to act. Everyday living requires courage if life is to be effective and bring happiness.

--Maxwell Maltz

There is perhaps nothing so bad and so dangerous in life as fear.

--Jawaharlal Nehru

A hero is no braver than an ordinary man, but he is braver five minutes longer.

--Ralph Waldo Emerson

Courage is fear holding on a minute longer.

--George S. Patton

If one is forever cautious, can one remain a human being?

--Aleksandr Solzhenitsyn

The courage we desire and prize is not the courage to die decently, but to live manfully.

--Thomas Carlyle

Courage is resistance to fear, mastery of fear, not absence of fear.

--Mark Twain

The guts carry the feet, not the feet the guts.

--Miguel de Cervantes

The test of courage comes when we are in the minority.

--Ralph W. Sockman

The first and great commandment is 'Don't let them scare you.'

--Elmer Davis

Courage is the thing. All goes if courage goes.

--James M. Barrie

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.'...You must do the thing you think you cannot do.

--Eleanor Roosevelt

There are two ways of avoiding fear: one is by persuading ourselves that we are immune from disaster, and the other is by the practice of sheer courage. The latter is difficult, and to everybody becomes impossible at a certain point. The former has therefore always been more popular.

--Bertrand Russell

I will show you fear in a handful of dust.

--T. S. Eliot

He who fears he will suffer, already suffers because of his fear.

--Michel de Montaigne

What is more mortifying than to feel that you have missed the plum for want of courage to shake the tree?

--Logan Pearsall Smith

We learn courageous action by going forward whenever fear urges us back.

--David Seabury

Great things are done more through courage than through wisdom.

--German Proverb

A man who is not afraid is not aggressive; a man who has no sense of fear of any kind is really a free, a peaceful man.

--Jiddu Krishnamurti

Necessity does the work of courage.

--George Eliot

He that will not sail till all dangers are over must never put to sea.

--Thomas Fuller

Avoiding danger is no safer in the long run than outright exposure. The fearful are caught as often as the bold.

--Helen Keller

Better hazard once than always be in fear.

--Thomas Fuller

A uniform provides three-quarters of a man's valour.

--Jean de La Fontaine

We are doubly willing to jump into the water after some one who has fallen in, if there are people present who have not the courage to do so.

--Friedrich Nietzsche

In times of stress be bold and valiant.

--Horace

To live with fear and not be afraid is the final test of maturity.

--Edward Weeks

No passion so effectually robs the mind of all its powers of acting and reasoning as fear.

--Edmund Burke

Any device whatever by which one frees himself from the fear of others is a natural good.

--Epicurus

Fear comes from uncertainty. When we are absolutely certain, whether of our worth or worthlessness, we are almost impervious to fear. Thus a feeling of utter unworthiness can be a source of courage.

--Eric Hoffer

Of all the passions, fear weakens judgment most.

--Cardinal de Ret

Where fear is, happiness is not.

--Seneca

The wise man in the storm prays God, not for safety from danger, but for deliverance from fear.

--Ralph Waldo Emerson

Any danger spot is tenable if men—brave men—will make it so.

--John F. Kennedy

It is easy to be brave from a safe distance.

--Aesop

Until the day of his death, no man can be sure of his courage.

--Jean Anouilh

None but the brave deserves the fair.

--John Dryden

This is courage in a man: to bear unflinchingly what heaven sends.

--Euripides

A coward turns away, but a brave man's choice  
Is danger.

--Euripides

Life only demands from you the strength you possess. Only one feat is possible—not  
to have run away.

--Dag Hammarskjold

If you knew how cowardly your enemy is, you would slap him.  
Bravery is knowledge of the cowardice in the enemy.

--Edgar Watson Howe

Love of fame, fear of disgrace, schemes for advancement, desire to make life com-  
fortable and pleasant, and the urge to humiliate others are often at the root of the  
valour men hold in such high esteem.

--La Rochefoucauld

Once men are caught up in an event they cease to be afraid. Only the unknown  
frightens men.

--Saint-Exupéry

Above all things, never be afraid. The enemy who forces you to retreat is himself  
afraid of you at that very moment.

--André Maurois

One ought never to turn one's back on a threatened danger and try to run away  
from it. If you do that, you will double the danger. But if you meet it promptly and  
without flinching, you will reduce the danger by half. Never run away from any-  
thing. Never!

--Sir Winston Churchill

All bravery stands upon comparisons.

--Francis Bacon

You have got to have courage. I don't care how good a man is, if he is timid, his value is limited. The timid will not amount to very much in this world. I want to see a good man ready to smite with the sword. I want to see him able to hold his own in active life against the force of evil.

--Theodore Roosevelt

Tell a man he is brave, and you help him to become so.

--Thomas Carlyle

The greatest test of courage on the earth is to bear defeat without losing heart.

—Robert Green Ingersoll

Courage conquers all things: it even gives strength to the body.

--Ovid

Courage is the best gift of all; courage stands before everything. It is what preserves our liberty, safety, life, and our homes and parents, our country and children. Courage comprises all things: a man with courage has every blessing.

--Plautus

That's courage—to take hard knocks like a man when occasion calls.

--Plautus

Courage is being the only one who knows you're afraid.

--Franklin P. Jones

Courage is something you always have until you need it.

--Unknown

Courage is not the absence of fear, but the conquest of it.

--Meg Cabot

Don't be afraid to go out on a limb. That's where the fruit is.

--Frank Scully

He was a bold man that first ate an oyster.

--Jonathan Swift



Success is never final, failure is never fatal. It's courage that counts.

—John Wooden

A great deal of talent is lost to the world for the want of a little courage.

--Sydney Smith

Courage without conscience is a wild beast.

—Robert Green Ingersoll

The thrill is not just in winning, but in the courage to join the race.

—Helena Johnson

Nothing is so much to be feared as fear.

--Henry David Thoreau

Any coward can fight a battle when he's sure of winning; but give me the man who has pluck to fight when he's sure of losing. That's my way, sir; and there are many victories worse than a defeat.

--George Eliot

Heroism...is endurance for one moment more.

--George Kennan

It is not book learning young men need, nor instruction about this and that, but a stiffening of the vertebrae which will cause them to be loyal to a trust, to act promptly, concentrate their energies, do a thing—'carry a message to Garcia.'

--Elbert Hubbard

The one permanent emotion of the inferior man, as of all the simpler mammals, is fear—fear of the unknown, the complex, the inexplicable. What he wants beyond everything else is safety.

--H. L. Mencken

Early and provident fear is the mother of safety.

--Edmund Burke

Courage consists, not in blindly overlooking danger, but in seeing and conquering it.

--Jean Paul Richter

True courage is cool and calm. The bravest of men have the least of a brutal, bullying insolence, and in the very time of danger are found the most serene and free.

--Earl of Shaftesbury

We must constantly build dykes of courage to hold back the flood of fear.

--Martin Luther King, Jr.

When a man has quietly made up his mind that there is nothing he cannot endure, his fears leave him.

--Grove Patterson

What you are afraid of overtakes you.

--Estonian Proverb

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

To think a thing is impossible is to make it so. Courage is victory, timidity is defeat.

--Unknown

There is a strength of quiet endurance as significant of courage as the most daring feats of prowess.

--Henry Theodore  
Tuckerman

If we survive danger it steels our courage more than anything else.

--Reinhold Niebuhr

Cowards die many times before their deaths;  
The valiant never taste of death but once.

--William Shakespeare

At the bottom of a good deal of the bravery that appears in the world there lurks a miserable cowardice. Men will face powder and steel because they cannot face public opinion.

--Edwin Hubbel Chapin

Great occasions do not make heroes or cowards; they simply unveil them to the eyes of men.

--Bishop Westcott

Last, but by no means least, courage—moral courage, the courage of one’s convictions, the courage to see things through. The world is in a constant conspiracy against the brave. It’s the age-old struggle—the roar of the crowd on one side and the voice of your conscience on the other.

--Douglas MacArthur

Courage is almost a contradiction in terms: it means a strong desire to live taking the form of readiness to die.

--Gilbert K. Chesterton

Half a man’s wisdom goes with his courage.

--Ralph Waldo Emerson

Far better it is to dare mighty things, to win glorious triumphs, even though checked by failure, than to take rank with those poor spirits who neither enjoy much nor suffer much, because they live in the grey twilight that knows not victory nor defeat.

--Theodore Roosevelt

True courage is like a kite; a contrary wind raises it higher.

--John Petit-Senn

What a new face courage puts on everything!

--Ralph Waldo Emerson

Courage that grows from constitution often forsakes a man when he has occasion for it; courage which arises from a sense of duty acts in a uniform manner.

--Joseph Addison

Boldness is a child of ignorance.

--Francis Bacon

When you cannot make up your mind which of two evenly balanced courses of action you should take—choose the bolder.

--William J. Slim

Fortune befriends the bold.

--John Dryden

Boldness is a mask for fear, however great.

--John Dryden

It is from numberless diverse acts of courage and belief that human history is shaped. Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring those ripples build a current which can sweep down the mightiest walls of oppression and resistance.

--Robert F. Kennedy

I believe...that living on the edge, living in and through your fear, is the summit of life, and that people who refuse to take that dare condemn themselves to a life of living death.

--John H. Johnson

Time is neutral and does not change things. With courage and initiative, leaders change things.

--Jesse Jackson

I would often be a coward, but for the shame of it.

--Ralph Connor

Just as courage imperils life, fear protects it.

--Leonardo da Vinci

We must travel in the direction of our fear.

--John Berryman

My advice to you, if you should ever be in a hold up, is to line up with the cowards and save your bravery for an occasion when it may be of some benefit to you.

--O. Henry

Life shrinks or expands in proportion to one's courage.

--Anaïs Nin

We could be cowards, if we had courage enough.

--Thomas Fuller

(Courage) a perfect sensibility of the measure of danger, and a mental willingness to endure it.

--William T. Sherman

Behind each act of courage you will find an unbreakable will.

--Unknown

Courage may be the most important of all virtues, because without it one cannot practice any other virtue with consistency.

--Maya Angelou

All our dreams come true—if we have the courage to pursue them.

—Walt Disney

Courage is the strength to act wisely when we are most afraid.

--Mary Fisher

You have to accept whatever comes  
and the only important thing  
is that you meet it with courage  
and with the best you have to give.

--Eleanor Roosevelt

He who is not courageous enough to take risks will accomplish nothing in life.

--Muhammad Ali

Nothing in life is to be feared. It is only to be understood.

--Marie Curie

It requires more courage to suffer than to die.

--Napoleon

Where is the university for courage? The university for courage is to do what you believe in!

--El Cordobés,  
Spanish Matador

The ideals which have lighted my way, and time after time have given me new courage to face life cheerfully, have been Kindness, Beauty, and Truth...The trite subjects of human efforts—possessions, outward success, luxury—have always seemed to me contemptible.

--Albert Einstein

It's a measure of the man when he's courageous when it's not absolutely required of him.

--Garrison Keillor

The most destructive element in the human mind is fear. Fear creates aggressiveness; aggressiveness engenders hostility; hostility engenders fear—a disastrous circle.

--Dorothy Thompson

Bravery is the capacity to perform properly even when scared half to death.

—General Omar Bradley

Courage takes many forms. There is physical courage; there is moral courage. Then there is a still higher type of courage—the courage to brave pain, to live with it, to never let others know of it and to still find joy in life; to wake up in the morning with an enthusiasm for the day ahead.

--Howard Cosell

If people bring so much courage to this world the world has to kill them to break them, so of course it kills them. The world breaks every one and afterward many are strong at the broken places. But those that will not break it kills. It kills the very good and the very gentle and the very brave impartially. If you are none of these you can be sure it will kill you too but there will be no special hurry.

--Ernest Hemingway

I'd rather give my life than be afraid to give it.

--Lyndon B. Johnson

Men of courage, not satisfied with words, but ever searching for means to transform them into action—men of integrity for whom the act is one with the idea, for whom prison, exile, and death are preferable to a life contrary to their principles,—intrepid souls who know that it is necessary to dare in order to succeed.

--Prince Peter Kropotkin

The man who fears nothing is as powerful as he who is feared by everybody.

--Friedrich von Schiller

All happiness depends on courage and work. I have had many periods of wretchedness, but with energy and above all with illusions, I pulled through them all.

--Honoré de Balzac

High station in life is earned by the gallantry with which appalling experiences are survived with grace.

--Tennessee Williams

Success is that old A B C—ability, breaks and courage.

--Charles Luckman

Moral courage is a more rare commodity than bravery in battle or great intelligence.

—Robert F. Kennedy

Fear is created not by the world around us, but in the mind, by what we think is going to happen.

--Elizabeth Gawain

Unless you enter the tiger's den, you cannot take the cubs.

--Japanese Proverb

It is a brave act of valour to contemn [despise] death; but where life is more terrible than death, it is then the truest valour to dare to live.

--Sir Thomas Browne

Every submission to our fear enlarges its dominion.

--Samuel Johnson

Courage is not freedom from fear; it is being afraid and going on.

--Unknown

Behold the turtle. He makes progress only when he sticks his neck out.

--James Bryant Conant

How few there are who have courage enough to own their faults, or resolution enough to mend them.

--Benjamin Franklin

Be brave. Even if you're not, pretend to be. No one can tell the difference.

--H. Jackson Brown, Jr.

The blues of mental and physical wear and tear are not as devastating as the yellow of the quitter.

--James J. Walker

Better it were not to live than to live a coward.

--Sir Walter Raleigh

I would rather be a coward than brave because people hurt you when you are brave.

--E. M. Forster

It is better to be a coward for a minute than dead for the rest of your life.

--Irish Proverb

Everyone has talent. What is rare is the courage to follow the talent to the dark place where it leads.

--Erica Jong

Courage is the price that Life exacts for granting peace.

--Amelia Earhart

The policy of being too cautious is the greatest risk of all.

--Jawaharlal Nehru

God, grant me the serenity to accept the things I cannot change,  
Courage to change the things I can,  
And wisdom to know the difference.

--Reinhold Niebuhr

Thinking will not overcome fear, but action will.

--W. Clement Stone

Do what you're afraid to do. When you run away because you are afraid to do something big, you pass opportunity by.

--W. Clement Stone

Many men fail because they quit too soon. They lose faith when the signs are against them. They do not have the courage to hold on, to keep fighting in spite of that which seems insurmountable. If more of us would strike out and attempt the 'impossible,' we very soon would find the truth of that old saw that nothing is impossible....Abolish fear and you can accomplish anything you wish.

--Dr. C. E. Welch

The trouble with the world is that the stupid are cocksure and the intelligent are full of doubt.

--Bertrand Russell



Some people can never be fearless; maybe it's part of their personality. As a CEO, I can't let those people go very far in the organization. We demote them down to their level of competence and decision-making ability.

--Tim Day

Boldness becomes rarer, the higher the rank.

--Karl von Clausewitz

Courage is very important. Like a muscle, it is strengthened by use.

--Ruth Gordon

In the depths of winter, I finally learned that there was in me an invincible summer.

--Albert Camus

The difference between a hero and a coward is one step sideways.

--Gene Hackman

Courage is not the towering oak  
that sees storms come and go;  
It is the fragile blossom that opens  
in the snow.

--Alice Mackenzie Swain

To the man who is afraid everything rustles.

--Sophocles

Some have been thought brave because they were afraid to run away.

--Thomas Fuller

Many would be cowards if they had courage enough.

--Thomas Fuller

Fear leads you directly into the path of that which you fear.

--Unknown

The bravest thing you can do when you are not brave is to profess courage and act accordingly.

--Corra May White  
Harris

Courage is fear that has said its prayers.

--Dorothy Bernard

Courageous risks are life giving, they help you grow, make you brave and better than you think you are.

--Joan L. Curcio

It is better to die on your feet than to live on your knees.

--Delores Ibarruri

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

--Sister Elizabeth Kenny

Fear is met and destroyed with courage.

--James F. Bell

The weak in courage is strong in cunning.

--William Blake

Courage is the atom of change.

--Bettina R. Flores

The free man is the man with no fears.

--Dick Gregory

He who fears is literally delivered to destruction.

--Howard Thurman

If you are afraid of falling, don't climb.

--John Thompson

What would life be if we had no courage to attempt anything?

--Vincent van Gogh

The sea is dangerous and its storms terrible, but these obstacles have never been sufficient reason to remain ashore...unlike the mediocre, intrepid spirits seek victory over those things that seem impossible...it is with an iron will that they embark on the most daring of all endeavors...to meet the shadowy future without fear and conquer the unknown.

--Ferdinand Magellan

The worst sorrows in life are not in its losses and misfortune, but its fears.

--A. C. Benson

True courage is not the brutal force of vulgar heroes, but the firm resolve of virtue and reason.

--Alfred North Whitehead

Whether you be man or woman you will never do anything in this world without courage. It is the greatest quality of the mind next to honor.

--James Allen

Whatever you do, you need courage. Whatever course you decide upon, there is always someone to tell you you are wrong. There are always difficulties arising which tempt you to believe that your critics are right. To map out a course of action and follow it to an end, requires some of the same courage which a soldier needs. Peace has its victories, but it takes brave men to win them.

—Ralph Waldo Emerson

Without belittling the courage with which men have died, we should not forget those acts of courage with which men...have lived. The courage of life is often a less dramatic spectacle than the courage of a final moment; but it is no less a magnificent mixture of triumph and tragedy. A man does what he must—in spite of personal consequences, in spite of obstacles and dangers and pressures—and that is the basis of all human morality....In whatever arena of life one may meet the challenge of courage, whatever may be the sacrifices he faces if he follows his conscience—the loss of his friends, his fortune, his contentment, even the esteem of his fellow men—each man must decide for himself the course he will follow. The stories of past courage can define that ingredient—they can teach, they can offer hope, they can provide inspiration. But they cannot supply courage itself. For this each man must look into his own soul.

--John F. Kennedy

I found out a long time ago that no matter how scared you are, you're a damned sight safer if nobody knows it.

--John L. McClellan

To go against the dominant thinking of your friends, of most of the people you see every day, is perhaps the most difficult act of heroism you can have.

--Theodore H. White

Show me a hero, and I'll write you a tragedy.

--F. Scott Fitzgerald

The saddest thing in life  
Is that the best thing in it should be courage.

--Robert Frost

When you're frightened don't sit still, keep on doing something. The act of doing will give you back your courage.

--Grace Ogot

Decide that you want it more than you are afraid of it.

--Bill Cosby

To be afraid and to be brave is the best kind of courage of all.

--Alice Dalgliesh

Who has no courage must have legs.

--Italian Proverb

That's all that brave means—not thinking about the dangers. Just thinking about what you must do.

--Lois Lowry

To dissolve fear, turn and look directly at it, for what you face dissolves in the light of consciousness.

--Sanaya Roman

When all the blandishments of life are gone, the coward sneaks to death, the brave live on.

--George Sewell

All we need to do is expose fears to the sunlight and they shrink.

--Dale Dauten

You have to accept whatever comes and the only important thing is that you meet it with courage and with the best that you have to give.

--Eleanor Roosevelt

Courage is the virtue on which all the other virtues mount.

--Clare Booth Luce

Standing for right when it is unpopular is a true test of moral character.

--Margaret Chase Smith

This will remain the land of the free only so long as it is the home of the brave.

--Elmer Davis

It isn't for the moment you are struck that you need courage, but for the long uphill climb back to sanity and faith and security.

--Anne Morrow  
Lindbergh

I've always found that courage comes from remembering that we fight for something and someone beyond ourselves. It comes from our faith. And it comes from our commitment to those we love.

—Barack Obama

It takes a great deal of courage to stand up to your enemies, but even more to stand up to your friends.

--J. K. Rowling

Courage is not having the strength to go on; it is going on when you don't have the strength.

--Theodore Roosevelt

It often takes more courage to change one's opinion than to stick to it.

--Georg Christoph  
Lichtenberg

Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think.

—A. A. Milne

It is only through labor and painful effort, by grim energy and resolute courage that we move on to better things.

—Theodore Roosevelt

Courage is not the absence of fear, but rather the judgement that something else is more important than fear.

—Ambrose Redmoon

You've got to follow your passion. You've got to figure out what it is you love--who you really are. And have the courage to do that. I believe that the only courage anybody ever needs is the courage to follow your own dream.

—Oprah Winfrey

The stories of past courage can offer hope and provide inspiration. But they cannot supply courage itself. For this, each man must look into his own soul.

—John F. Kennedy

Courage is a peculiar kind of fear.

—Charles Kennedy

Courage is knowing what not to fear.

—Plato

Sometimes even to live is an act of courage.

—Lucius Annaeus Seneca

Wisdom, compassion, and courage are the three universally recognized moral qualities of men.

—Confucius

Success is not final. Failure is not fatal. It is the courage to continue that counts.

—Winston Churchill

The man who knows when not to act is wise. To my mind, bravery is forethought.

—Euripides

F.E.A.R. has two meanings—Forget Everything and Run OR Face Everything And Rise. The choice is yours.

—Zig Ziglar

Courage is like love; it must have hope to nourish it.

—Napoleon Bonaparte

The courage to be is the courage to accept oneself, in spite of being unacceptable.

—Paul Tillich

All of us have moments in our lives that test our courage. Taking children into a house with a white carpet is one of them.

—Erma Bombeck

Courage is not the absence of despair; it is, rather, the capacity to move ahead in spite of despair.

—Rollo May

The miracle isn't that I finished. The miracle is that I had the Courage to Start.

—John J. Bingham

Every man of courage is a man of his word.

—Pierre Corneille

You will never do anything in this world without courage. It is the greatest quality of the mind next to honor.

—Aristotle

I learned courage from Buddha, Jesus, Lincoln, Einstein, and Cary Grant.

—Peggy Lee

Courage consists not in hazarding without fear; but being resolutely minded in a just cause.

—Plutarch

Courage is being afraid but going on anyhow.

—Dan Rather

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.

—Winston Churchill

Courage can be just as infectious as fear.

—Alice Miller

Courage is being afraid and going on the journey anyhow.

—John Wayne

Courage is the price life exacts for peace.

—Amelia Earhart

The mighty oak was once a little nut that stood its ground.

—Unknown

No one reaches a high position without daring.

—Publilius Syrus

Fortunately for themselves and the world, nearly all men are cowards and dare not act on what they believe. Nearly all our disasters come of a few fools having the 'courage of their convictions.'

—Coventry Patmore

A courage which looks easy and yet is rare; the courage of a teacher repeating day after day the same lessons—the least rewarded of all forms of courage.

--Honoré de Balzac

The most courageous act is still to think for yourself. Aloud.

—Coco Chanel

Pugnacity is a form of courage, but a very bad form.

—Sinclair Lewis

Education, whether of black man or white man, that gives one physical courage to stand up in front of a cannon and fails to give one moral courage to stand up in defense of right and justice, is a failure.

--Booker T. Washington

When one's mind is made up, this diminishes fear; knowing what must be done does away with fear.

—Rosa Parks

You will find as you grow older that courage is the rarest of all qualities to be found in public life.

—Benjamin Disraeli

You do something evil if you do nothing good.

--Edmund Burke

It is not our criminal actions that require courage to confess, but those which are ridiculous and foolish.

—Jean-Jacques Rousseau

Every man of courage is a man of his word.

—Pierre Corneille



No matter how brilliant a man may be, he will never engender confidence in his subordinates and associates if he lacks simple honesty and moral courage.

—J. Lawton Collins

Men lie, who lack courage to tell truth.

--Joaquin Miller

It is easier to find a score of men wise enough to discover the truth than to find one intrepid enough, in the face of opposition, to stand up for it.

--Archibald Alexander  
Hodge

People don't follow titles, they follow courage.

—William Wells Brown

Any fool can make things bigger, more complex, and more violent. It takes a touch of genius -- and a lot of courage -- to move in the opposite direction.

—Albert Einstein

Courage is more exhilarating than fear and in the long run it is easier. We do not have to become heroes overnight. Just a step at a time, meeting each thing that comes up, seeing it is not as dreadful as it appeared, discovering we have the strength to stare it down.

—Eleanor Roosevelt

Out of fear, out of the desire for approval, out of misguided notions of duty, people surrender themselves--their convictions and their aspirations--every day. There is nothing noble about it. It takes far more courage to fight for your values than to relinquish them.

—Nathaniel Branden

Courage doesn't happen when you have all the answers. It happens when you are ready to face the questions you have been avoiding your whole life.

—Shannon L. Alder

It takes courage to grow up and become who you really are.

—e. e. cummings

The future does not belong to those who are content with today, apathetic toward common problems and their fellow man alike, timid and fearful in the face of bold projects and new ideas. Rather, it will belong to those who can blend passion, reason and courage in a personal commitment to the ideals of American society.

—Robert F. Kennedy

The biggest need in politics and government today is for people of integrity and courage, who will do what they believe is right and not worry about the political consequences to themselves.

--Neva Beck Boson

The value of courage, persistence, and perseverance has rarely been illustrated more convincingly than in the life story of this man (his age appears in the column on the right):

Failed in business	22
Ran for Legislature—defeated	23
Again failed in business	24
Elected to Legislature	25
Sweetheart died	26
Had a nervous breakdown	27
Defeated for Speaker	29
Defeated for Elector	31
Defeated for Congress	34
Elected to Congress	37
Defeated for Congress	39
Defeated for Senate	46
Defeated for Vice President	47
Defeated for Senate	49
Elected President of the United States	51

That's the record of Abraham Lincoln.

--Unknown

Optimism is essential to achievement, and it is also the foundation of courage and true progress.

—Nicholas M. Butler

The highest courage is to dare to appear to be what one is.

--John Lancaster  
Spalding

The hallmark of courage in our age of conformity is the capacity to stand on one's convictions—not obstinately or defiantly (these are gestures of defensiveness not courage) nor as a gesture of retaliation, but simply because these are what one believes.

--Rollo May

We have to remember that for a young person to travel against the grain takes courage. That kind of fortitude needs recognition and nurturing.

--Unknown

Now the alternative to despair is courage. And human life can be viewed as a continuous struggle between these two options. Courage is the capacity to affirm one's life in spite of the elements which threaten it. The fact that courage usually predominates over despair in itself tells us something important about life. It tells you that the forces that affirm life are stronger than those that negate it.

—Paul E. Pfuetze

It takes guts and humility to admit mistakes. Admitting we're wrong is courage, not weakness.

—Roy T. Bennett

Vulnerability really means to be strong and secure enough within yourself that you are able to walk outside without your armor on. You are able to show up in life as just you. That is genuine strength and courage. Armor may look tough, but all it does is mask insecurity and fear.

—Alaric Hutchinson

When one has nothing left to lose one becomes courageous. We are timid only when we have something left to cling to.

—Carlos Castaneda

The first virtue in a soldier is endurance of fatigue; courage is only the second virtue.

--Napoleon Bonaparte

War is fear cloaked in courage.

--Gen. William C.  
Westmoreland

The courage needed to engage in battle was indistinguishable from love. Because of the strong brotherhood the soldiers had formed, they were more concerned about what happened to their buddies than about what happened to themselves.

--Phil Jackson

In the Soviet army it takes more courage to retreat than advance.

—Joseph Stalin

A coward is incapable of exhibiting love; it is the prerogative of the brave.

—Mahatma Gandhi

We need people in our lives with whom we can be as open as possible. To have real conversation with people may seem like such a simple, obvious suggestion, but it involves courage and risk.

—Thomas Moore

Many women miss their greatest chance of happiness through a want of courage in the decisive moments of their lives.

--Winifred Gordon

If we're ever going to be truly happy...we need to be willing to charge headlong into the inferno of our most horrific fears—eyes open, intellect and spirit at the ready—even as our survival instincts are screaming, 'Run! Run! Get out!' That takes courage, and that's why courage is one of the prerequisites for happiness. Courage, they say, is not the lack of fear, but the ability to take action in spite of it. But where does that ability come from? What power grants the strength to overcome the sick, shaky feeling of fear? Only one power is that strong: love. In the ultimate analysis, human beings have only two essential primal feelings: fear and love. Fear impels us to survive, and love enables us to thrive. This complementary pair of feelings has been the driving force of human history. Fear is the product of the reptilian brain, hardwired into every fiber of our being, and love is the product of the neocortical higher brain, where spirit and intellect reside. Thus, the dance of the spirit and reptile—the shifting balance between the neocortex and the reptilian brain—is the dance of love and fear. For you to be happy, love must lead this dance.

—Dan Baker, Ph.D.

The fishermen know that the sea is dangerous and the storm terrible, but they have never found these dangers sufficient reason for remaining ashore.

—Vincent Van Gogh

## FOR COURAGE

Growing up I can't remember any times that I felt I didn't have as much as any other kid in the neighborhood. That is something for which I will forever thank my parents. My older brother Rob and my younger brother Brian and I always had food on the table, clothes on our backs, and a box full of toys to play with. We even went to summer camp with all the kids on our block. It never occurred to any of us to wonder where the money came from. Kids seven, nine, and eleven years old rarely worry about things such as money or a lack of it. At least that's what I always thought. Years later I was told a story that made me realize maybe the youngest of us all understood the situation the most.

During these troubled times, my mother returned to the work she left when she married and had children. We assumed it was something she wanted to do, and we never felt neglected at home because our beloved grandmother lived with us and was there every afternoon when we returned from school. Both parents would leave in the morning and return home at dinner, and life went on, for us kids, as normally as it always had.

One night Brian wandered into the kitchen only to find my mother, when the pressure of work had taken its toll on her, crying to my father of how much she hated being away from home. As most parents would, they told Brian everything was fine and tucked him back into bed, believing he wouldn't think of it again. Two days later Brian walked into my parents bedroom with a small brown bag in his chubby freckled hands. He went to my mother sitting at her dressing table, handed her the package, and simply said, 'Here, Mom, for courage.' Inside the bag was a small ceramic lion he had bought at a nearby store with his allowance money. We had recently seen the Wizard of Oz, and Brian knew the story of the lion and his wish for courage. This seven-year-old decided this lion was all Mom needed to stop crying and to be happy.

The little lion followed my Mom from job to job over the years. The moves caused the lion a few cracks and nicks, but it was always a part of each change in scenario. When Mom stopped working, the lion found a place on our family room bookshelf, and then the collection started to grow. There are now lion statues, pillows, and pictures, including a picture of a teenage Brian in a majestic lion costume bought to bring Mom courage during some minor surgery. We never realized how important that collection would become to us all.

In 1988 my brother Brian was killed in a car accident at the age of twenty-one. Mom has received a few lions since that day, and now the need for courage is stronger than ever. We have all prayed for the courage to live on with only memories of Brian and the hopes that we can all take a little part of him always with us to make us better people.

—Jennifer Hughes

Often the difference between a successful person and a failure is not one has better abilities or ideas, but the courage that one has to bet on one's ideas, to take a calculated risk—and to act.

—Andre Malraux

To love other people is a risk; it means reaching out and giving of ourselves. When we do so, we risk frustration, rejection, failure, pain. There are no guarantees in loving, whether our love is fresh and untried, or comfortable and tested by time. To risk loving, then, we have to have the attitude of courage.

—Kim Potts

## **COURAGE**

I don't feel courageous as I enter my classroom. I feel tired. Tired from spending hours rehearsing my class for the spring festival. Tired from trying to make the performance work when only half the students show up. Tired from hurrying home to write my students' progress reports.

I don't feel courageous as I dial the telephone. I feel sad. Sad that I need to tell a parent that her child is being teased by other children. Sad when I asked how I can help, the mother calls me names and tells me that it's all my fault that her child smells bad, steals from other children, and can't write a good sentence.

I don't feel courageous as I listen to a student struggle to read. I feel discouraged. Discouraged because I've done everything that I know how to teach him to read. Discouraged that no one at his home reads to him, helps him with his homework, or even listens to him talk about his day at school.

I don't feel courageous as I sit in the teachers' meeting. I feel uncomfortable. Uncomfortable because my colleagues argue over committee assignments. Uncomfortable because no one collaborates. Uncomfortable because it seems that we've forgotten why we're here.

Tired. Sad. Discouraged. Uncomfortable. And I still teach.

I teach for that moment when a student believes in himself. I teach for the teachers' meeting when we discover how much we have in common. I teach for the chance to speak honestly and to listen openly while others do the same. I teach to become vulnerable, to be questioned and to question, to feel the sense of danger that comes with molding futures.

I teach because teaching is the job that demands the most courage. I have the courage to teach.

--Shirley A. Riddle  
Bendau

Coward: One who, in a perilous emergency, thinks with his legs.

—Ambrose Bierce

We must build dikes of courage to hold back the flood of fear.

—Martin Luther  
King, Jr.

Those who won our independence believed liberty to be the secret of happiness and courage to be the secret of liberty.

—Louis Brandeis

Anyone can support a team that is winning—it takes no courage. But to stand behind a team to defend a team when it is down and really needs you, that takes a lot of courage.

—Bart Starr

Courage is taking action in the face of fear.

—Bob Mayer

Never stop because you are afraid—you are never so likely to be wrong.

—Fridtjof Nansen

To bear failure with courage is the best proof of character that anyone can give.

—W. Somerset Maugham

'Tisn't life that matters 'Tis the courage you bring to it.

—Joan Borysenko

Courage to me meant ploughing through that dull gray mist that comes down on life—not only overriding people and circumstances but overriding the weakness of living. A sort of insistent on the value of life and the worth of transient things....My courage is faith—faith in the eternal resilience of me—that joy'll come back, and hope and spontaneity. And I feel that till it does I've got to keep my lips shut and my chin high, and my eyes wide.

—F. Scott Fitzgerald

You may be 38 years old, as I happen to be, and one day some great opportunity stands before you and calls upon you to stand up for some great principle, some great issue, some great cause. You refuse to do it because you are afraid....Well, you may go on and live until you are 90, but you are just as dead at 38 as you would be at 90.

—Dr. Martin Luther  
King, Jr.

Always take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentor never the tormented.

—Elie Wiesel

It's not about winning, it's about not giving up. If you have a dream, fight for it. There's discipline for passion and it's not about how many times you get rejected or you fall down or you're beaten up, it's about how many times you stand up and are brave and you keep on going.

—Lady Gaga

Having a soft heart in a cruel world is courage, not weakness.

—Katherine Henson

There were all kinds of things of which I was afraid at first....But by acting as if I was not afraid, I gradually ceased to be afraid.

—Theodore Roosevelt

Develop enough courage so that you can stand up for yourself and then stand up for somebody else.

—Maya Angelou

In April 1943, the first urban uprising against the Nazis began in the Warsaw Ghetto. A few hundred poorly armed young Jews held out for three weeks. The fighters knew they could not 'win'; they intended, as one put it, 'to pick the time and place of our deaths.'

—Deborah Lipstadt

After escaping slavery via the Underground Railroad, Harriet Tubman risked re-enslavement and death by returning to the South in at least 19 trips, to guide as many as 300 enslaved African Americans to freedom. She also guided African-American Union soldiers during the Combahee Ferry Raid, which freed more than 700 enslaved people.

—Maida Follini

Anita Hill's Senate testimony [was an act of courage.] Her ordeal led to the 1992 Year of the Woman. Her courage inspired Christine Blasey Ford and the women of the #MeToo moment to speak truth to power.

—Lucia Perri



[Courage was] Malala Yousafzai's standing up of the education rights of girls and women around the world after an assassination attempt and continued threats.

—Sterling S. Haukom  
Anderson

For what it's worth ... it's never too late, or in my case too early, to be whoever you want to be. There's no time limit. Start whenever you want. You can change or stay the same. There are no rules to this thing. We can make the best or the worst of it. I hope you make the best of it. I hope you see things that startle you. I hope you feel things you never felt before. I hope you meet people who have a different point of view. I hope you live a life you're proud of, and if you're not, I hope you have the courage to start all over again.

—Eric Roth

Know your worth. You must find the courage to leave the table if respect is no longer being served.

—Tene Edwards

Fortune favors the bold.

—Virgil

Life maroons the hesitant, but inspires the brave.

—Thomas Dooley

When you have hope and courage, somehow you can will yourself to create miracles and blessings.

—Carlos Santana

When you leave this earth, you can take with you nothing that you have received—only what you have given: A heart enriched by honest service, love, sacrifice, and courage.

—St. Francis of Assisi

I think about fear a lot....I have to, because if I'm not careful, it will run my life. I may not be smarter than the average bear, but I'm a hell of lot more anxious...and sometimes it's easier to let Fear take the wheel. See, when Fear drives, you tend to stay in your lane. You drive the same safe roads you've always driven. It's kind of nice, circling that familiar loop. The scenery never changes. And neither do you.

—Nicki Porter

We're all brave until we realize cockroaches have wings.

—*dumpaday.com*

You must never be fearful about what you are doing when it is right.

—Rosa Parks

You may not always have a comfortable life and you will not always be able to solve all of the world's problems at once. But, don't ever underestimate the importance you can have because history has shown us that courage can be contagious, and hope can take on a life of its own.

—Michelle Obama

Learning to perform on stage is really learning to live comfortably with fear.

--Isaac Stern

Fearlessness means taking the first step, even if you don't know where it will take you. It means being driven by a higher purpose, rather than by applause. It means knowing that you reveal your character when you stand apart, more than when you stand with the crowd.

—Chadwick Boseman

You're going to meet many people with domineering personalities: the loud, the obnoxious, those that noisily stake their claims in your territory and everywhere else they set foot on. This is the blueprint of a predator. Predators prey on gentleness, peace, calmness, sweetness and any positivity that they sniff out as weakness. Anything that is happy and at peace they mistake for weakness. It's not your job to change these people, but it's your job to show them that your peace and gentleness do not equate to weakness. I have always appeared to be fragile and delicate but the thing is, I am not fragile and I am not delicate. I am very gentle but I can show you that the gentle also possess a poison. I compare myself to silk. People mistake silk to be weak but a silk handkerchief can protect the wearer from a gunshot. There are many people who will want to befriend you if you fit the description of what they think is weak; predators want to have friends that they can dominate over because that makes them feel strong and important. The truth is that predators have no strength and no courage. It is you who are strong, and it is you who has courage. I have lost many a friend over the fact that when they attempt to rip me, they can't. They accuse me of being deceiving; I am not deceiving, I am just made of silk. It is they who are stupid and wrongly take gentleness and fairness for weakness. There are many more predators in this world, so I want you to be made of silk. You are silk.

—C. JoyBell C.

There are still things worthy of our love. Honor, decency, courage, beauty, and truth. Tenderness, human empathy, and a sense of duty. A good society. And a commitment to human dignity. We need to teach others—in our individual relationships, in our classrooms and communities, in our book clubs and Bible studies, and in innumerable other settings—why those things are worthy of their attention, their loyalty, their love. One person doing it won't make much of a difference; a lot of people doing it will create a culture.

—Peter Wehner

You cannot be afraid to speak up and speak out for what you believe. You have to have courage, raw courage.

—John Lewis

My mother often reminded me that 'bravery resides in every heart and some day it will be summoned.'

—Joe Biden

I'm not brave at all. I'm just terrified of regret.

—Jenna Woginrich

The Solzhenitsyn test: The simple act of an ordinary brave man is not to participate in lies, not to support false actions!

—Peter Wehner

The father's job is to teach his children how to be warriors, to give them the confidence to get on the horse to ride into battle when it's necessary to do so. If you don't get that from your father, you have to teach yourself.

—Cheryl Strayed

Each mistake teaches you something new about yourself. There is no failure, remember, except in no longer trying. It is the courage to continue that counts.

—Chris Bradford

A part of a healthy conscience is being able to confront consciencelessness. When you teach your daughter, explicitly or by passive rejection, that she must ignore her outrage, that she must be kind and accepting to the point of not defending herself or other people, that she must not rock the boat for any reason, you are NOT strengthening her prosocial sense, you are damaging it—and the first person she will stop protecting is herself.

—Martha Stout

The brave may not live forever—But the cautious do not live at all.

—Richard Branson

There was something I was always very good at, however, and that was teaching myself not to be frightened while frightening things are going on. It is difficult to do this, but I had learned. It is simply a matter of putting one's fear aside, like the vegetable on the plate you don't want to touch until all of your rice and chicken are gone, and getting frightened later, when one is out of danger. Sometimes I imagine I will be frightened for the rest of my life because of all of the fear I put aside.

—Lemony Snicket

I don't want my kids safe and comfortable. I want them BRAVE. I don't want to teach them to see danger under every rock, avoiding anything hard or not guaranteed or risky. They are going to encounter a very broken world soon, and if they aren't prepared to wade into difficult territory and contend for the kingdom against obstacles and tragedies and hardships, they are going to be terrible disciples. I don't want to be the reason my kids choose safety over courage. I hope I never hear them say, 'Mom will freak out,' or 'My parents will never agree to this.' May my fear not bind their purpose here. Scared moms raise scared kids. Brave moms raise brave kids. Real disciples raise real disciples.

—Jen Hatmaker

'Live your fear.' Why didn't we teach kids that? Why wasn't that in a graduation speech? Commencement speakers should start telling the truth: 'You're going to fuck up, but most of the time, that's all right.'

—Mara Wilson

What made her beautiful was not her appearance or what she achieved, but in her love and in her courage, and her audacity to believe: no matter the darkness around her, Light ran wild within her, and that was the way she came alive, and it showed up in everything.

—Morgan Harper Nichols

Fear does not stop death. It stops life.

—Internet Meme

Fear is a manipulative emotion that can trick us into living a boring life.

—Donald Miller

We could never learn to be brave and patient if there were only joy in the world

—Helen Keller

Children have a lesson adults should learn, to not be ashamed of failing, but to get up and try again. Most of us adults are so afraid, so cautious, so 'safe,' and therefore so shrinking and rigid and afraid that it is why so many humans fail. Most middle-aged adults have resigned themselves to failure.

—Malcolm X

The more you learn, the less you fear. Learn not in the sense of academic study, but in the practical understanding of life.

—Julian Barnes

You run into something you totally don't get, and it's scary as hell. But once you learn something about it, it gets easier to handle. Knowledge counters fear. It always has.

—Jim Butcher

It is in the whole process of meeting and solving problems that life has meaning. Problems are the cutting edge that distinguishes between success and failure. Problems call forth our courage and our wisdom; indeed, they create our courage and our wisdom. It is only because of problems that we grow mentally and spiritually. It is through the pain of confronting and resolving problems that we learn.

—M. Scott Peck

Fear dims when you learn things.

—Lois Lowry

The plain fact is that the planet does not need more successful people. But it does desperately need more peacemakers, healers, restorers, storytellers, and lovers of every kind. It needs people who live well in their places. It needs people of moral courage willing to join the fight to make the world habitable and humane. And these qualities have little to do with success as we have defined it.

—David W. Orr

Ignorance is the parent of fear.

—Herman Melville

In order for one to learn the important lessons of life, one must first overcome a fear each day.

—Ralph Waldo Emerson

Don't be afraid—if you are afraid, you can't move forward.

—Malala Yousafzai

Stop being afraid of what can go wrong. Start being excited about what can go right.  
—Yoana Dianika

We need the courage to learn from our past and not live in it.  
—Sharon Salzberg

Never let your fear of the unknown and things being too difficult make your choices for you in life. One of the saddest lessons in life is finding out that your fear made the situation worse than what it was and a braver person stole the dream you gave up on.

—Shannon L. Alder

There were a number of definitions of courage, but now I was seeing it in its simplest form: you do what has to be done day after day, and you never quit.  
—Eric Greitens

Fear does not stop death. It stops life. And worrying does not take away tomorrow's troubles. It takes away today's peace.

—Internet Meme

I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.  
—Nelson Mandela

When you're afraid but you keep on moving forward, that's the biggest kind of courage there is.

—Cynthia Hand

It's the heart afraid of breaking that never learns to dance.  
—Xiaolu Guo

If you're lucky enough to find a way of life you love, you have to find the courage to live it.

—John Irving

A life lived without risks pretty much wasn't worth living. Life rewarded courage, even when that first step was taken neck-deep in fear.

—Tamera Alexander

It takes courage to raise children.

—John Steinbeck

Since it is so likely that (children) will meet cruel enemies, let them at least have heard of brave knights and heroic courage. Otherwise you are making their destiny not brighter but darker.

—C. S. Lewis

Strong doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't.

—Interent Meme

If you are too careful you are so occupied and being careful that you are sure to stumble over something.

—Gertrude Stein

Sometimes I wonder what the difference is between being cautious and being dead.

—Sue Grafton

In the midst of hate, I found there was, within me, an invincible love.  
In the midst of tears, I found there was, within me, an invincible smile.  
In the midst of chaos, I found there was, within me, an invincible calm.  
I realized, through it all, that...  
In the midst of winter, I found there was, within me, an invincible summer.  
And that makes me happy. For it says that no matter how hard the world pushes against me, within me, there's something stronger—something better, pushing right back.

—Albert Camus

Your passion is waiting for your courage to catch up.

—Isabelle Lafleche

The big lesson in life is never be scared of anyone or anything.

—Frank Sinatra

Success comes from having dreams that are bigger than your fears.

—Bobby Unser

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