

MARGIE WARRELL

Best-selling author of STOP PLAYING SAFE

BRAVE

50 EVERYDAY ACTS *of* COURAGE
to THRIVE *in* WORK, LOVE *and* LIFE

Margie sets herself apart with a powerful and inspiring message, paired with her energetic, down-to-earth and disarming delivery. Margie's insights helped me bolster my personal vision for a candid, collaborative and forward-leaning workplace. She provided practical advice on how to challenge ourselves and others to be more courageous, take more risks and find more success.

Kathy Calvin, President and CEO, United Nations Foundation

Nothing worthwhile is achieved living timidly and avoiding all risk. *Brave* will help you build the confidence to dare more boldly and live more bravely.

Carolyn Cresswell, Company Founder and Managing Director, Carman's Kitchen

Fear and doubt are the two greatest enemies to success in business and life. Written for busy people on the go, this practical and encouraging book will guide you to achieve your greatest goals in work and life.

Kate Carnell AO, CEO Australian Chamber of Commerce and Industry

Brave will help you grow your 'courage muscles' to achieve your biggest dreams and wildest ambitions. Read it often. Practise it daily.

Emma Isaacs, CEO, Business Chicks

If you have ever doubted your ability to achieve these wildly big goals, you don't need to any longer! *Brave* needs to become your most valuable book as it will give you useful insight, tips and tricks to ensure you live your life fully!

Paul McKeown, Head of Retail, The Body Shop

Many people doubt themselves too much, and back themselves too little (particularly us women!). If you want to live more bravely, more boldly, and more fully, this book was written for you! It's a game changer.

Deborah Hutton, media personality

A unique blend of the practical and inspirational, *Brave* will help you overcome the fears and doubts that are holding you back in your career, business, relationships and life.

Joe Powell, Managing Director, SEEK Employment & Learning

Courage is the basis for all success. Without bravery and courage you can go through life making excuses about why you can't or shouldn't do things. Our first instinct is often to say no as it's easier and feels safer. But true courage comes from saying YES — to yourself, your ambitions and your happiness. Read this book and you'll be on your way to a bigger, braver and more fulfilling life. Enjoy.

Janine Allis, Founder of Boost Juice and Executive Director, Retail Zoo

Courage is more needed than ever in today's 'play it safe' world, where taking the soft option can be all too easy. This book will help you to build the courage needed to do the right thing rather than the easy thing — to go out on a limb, have tough conversations, challenge the norm and risk failing. It should be read widely.

Michael O'Keefe, CEO, Aesop

Brave is better than a book — it's a manual for life full of wise, useful and actionable advice that only an author who has earned her stripes — through triumph and tragedy — could write. Be braver. This book will show you how.

Bill Treasurer, author of *Right Risk* and CEO, Giant Leap Consulting

Brave is the handbook you need to start living your life more purposefully, passionately and courageously. No more holding yourself back or dimming yourself down! You deserve a life you love and this book will help you live it!

Michelle McQuaid, best-selling author of *Your Strengths Blueprint*

BRAVE

50 EVERYDAY ACTS *of* COURAGE
to THRIVE *in* WORK, LOVE *and* LIFE

MARGIE WARRELL

WILEY

First published in 2015 by John Wiley & Sons Australia, Ltd
42 McDougall St, Milton Qld 4064
Office also in Melbourne

© Margie Warrell Global Pty Ltd 2015

The moral rights of the author have been asserted

National Library of Australia Cataloguing-in-Publication data:

Author: Margie Warrell
Title: Brave: 50 everyday acts of courage to thrive
in work,
love and life / Margie Warrell.
ISBN: 9780730319184 (pbk.)
9780730319191 (ebook)
Subjects: Self-actualization (Psychology).
Self-confidence.
Conduct of life.
Success.
Success in business.
**Dewey
Number:** 158.1

All rights reserved. Except as permitted under the *Australian Copyright Act 1968* (for example, a fair dealing for the purposes of study, research, criticism or review), no part of this book may be reproduced, stored in a retrieval system, communicated or transmitted in any form or by any means without prior written permission. All inquiries should be made to the publisher at the address above.

Quote on page ix used with permission of Ed Hillary IP Ltd (www.edhillary.com)

Cover design by Dorratt Design

Cover image: © Nixx Photography/Shutterstock.com

Author photo: Alise Black

Disclaimer

The material in this publication is of the nature of general comment only, and does not represent professional advice. It is not intended to provide specific guidance for particular circumstances and it should not be relied on as the basis for any decision to take action or not take action on any matter which it

covers. Readers should obtain professional advice where appropriate, before making any such decision. To the maximum extent permitted by law, the author and publisher disclaim all responsibility and liability to any person, arising directly or indirectly from any person taking or not taking action based on the information in this publication.

Contents

[About the Author](#)

[Acknowledgements](#)

[Introduction](#)

[PLAYING SAFE AND AVOIDING RISK doesn't MAKE US MORE SECURE, IT MAKES US less SO.](#)

[COURAGE ISN'T ABOUT fearlessness. IT'S TAKING ACTION EVEN THOUGH YOU'RE SCARED.](#)

[THE MORE OFTEN YOU act BRAVELY, THE MORE YOU GROW YOUR 'MUSCLES FOR LIFE'.](#)

[EVERY WORTHWHILE ENDEAVOUR REQUIRES MAKING YOURSELF vulnerable.](#)

[TO THRIVE IN OUR CULTURE OF FEAR WE MUST NOT LET IT SET UP residence IN OUR LIVES.](#)

[COURAGE IS A habit AND LIKE ALL HABITS, IT CAN BE LEARNED.](#)

[GROWTH AND COMFORT never RIDE THE SAME HORSE.](#)

[Part I: Live Purposefully](#)

[Chapter 1: Decide what you stand for](#)

[WHEN YOU'RE unclear ABOUT WHAT YOU STAND FOR, YOU CAN FALL EASILY ONTO THE PATH OF CAUTIOUS, COMFORTABLE MEDIOCRITY.](#)

[KNOWING WHAT YOU STAND FOR IS THE FOUNDATION STONE UPON WHICH bravery IS BUILT.](#)

[Chapter 2: Interrogate your reality.](#)

THE STORIES YOU TELL YOURSELF EITHER EXPAND OR SHRINK WHAT'S possible FOR YOU. REWRITE THOSE THAT CONFINE YOUR FUTURE.

WHATEVER YOU TELL YOURSELF IS true, YOUR BRAIN AUTOMATICALLY GOES TO WORK TO PROVE YOURSELF right.

BECAUSE YOU'RE HARDWIRED TO defend YOUR VIEW OF REALITY, YOU MUST CONTINUALLY QUESTION IT.

UNCHALLENGED PERCEPTIONS ARE RARELY REALITY, BUT THEY HOLD THE power TO SHAPE IT.

THE map IS NOT THE TERRITORY.

Chapter 3: Face your fear to rise above it

NOTHING CAN ROB OUR freedom MORE QUICKLY THAN FEAR.

MOST PEOPLE SUFFER FAR MORE FROM THEIR imagination THAN THEY EVER DO FROM THEIR REALITY.

IT'S NOT WHAT YOU think YOU FEAR, IT'S WHAT YOU link TO FEAR.

WHEN YOU acknowledge YOUR FEARS, YOU dilute THEIR STRENGTH.

WHEN YOU TAKE ACTION DESPITE YOUR FEAR YOU DIMINISH ITS POWER AND amplify YOUR OWN.

Chapter 4: Value your own opinion above all others

IF YOU DON'T APPROVE OF YOURSELF, NO AMOUNT OF praise WILL EVER BE ENOUGH.

THOSE WHO judge HARSHLY DO SO FROM THEIR OWN FEAR OF INADEQUACY.

YOU'D CARE less ABOUT WHAT 'EVERYBODY'
THINKS OF YOU IF YOU KNEW HOW SELDOM
THEY DO.

YOU RELINQUISH YOUR POWER TO PEOPLE
EVERY TIME YOU LET THEIR OPINIONS
DICTATE your ACTIONS.

Chapter 5: Trust your intuition

FEAR CAN CLOUD YOUR ability TO DISCERN
REAL THREATS FROM IMAGINED ONES.

BE CAREFUL YOUR head DOESN'T HIJACK YOUR
HEART.

LISTEN TO YOUR BODY. IT deserves YOUR
ATTENTION.

IF IT DOESN'T feel RIGHT, IT PROBABLY ISN'T. IF
IT DOES, IT PROBABLY IS. YOUR GUT RARELY
LIES.

NEVER LET FEAR OF MAKING A WRONG
DECISION KEEP YOU FROM MAKING A right
ONE.

IF YOU sense THAT SOMEONE NEEDS YOUR
HELP, JUST GIVE IT.

Chapter 6: Focus on what you want

WHAT YOU focus ON EXPANDS.

ENERGY flows WHERE ATTENTION GOES. DON'T
BE AN ACCOMPLICE IN YOUR OWN MISERY.

THE WORLD IS YOUR mirror. IT'S REFLECTING
BACK WHAT YOU'RE PUTTING OUT.

WHAT YOU think, YOU BECOME.

Chapter 7: Own your choices; spare the excuses

OUR LIVES ARE SHAPED BY THE QUALITY OF
OUR choices, TOO OFTEN DISGUISED AS
EXCUSES.

YOU CAN ALWAYS FIND REASONS TO JUSTIFY YOUR LOT IN LIFE AND WHY YOU AREN'T ABLE TO improve IT.

A YEAR FROM NOW YOU'LL WISH YOU STARTED today.

LIVING BRAVELY requires LIVING POWERFULLY FROM CHOICE.

YOU CREATE YOUR OWN DESTINY, ONE choice AT A TIME. MAKE BRAVE ONES.

Chapter 8: Resist conformity; embrace what makes you different

WHAT A SHAME TO MAKE YOURSELF BORING BY DIALLING DOWN WHAT MAKES YOU unique.

WEARING A MASK CAN FEEL SAFE. BUT WORN TOO LONG IT CAN MAKE US A stranger TO OURSELVES.

WHEN YOU TRY TO prove YOURSELF, YOU DIMINISH YOURSELF.

OTHER PEOPLE WON'T VALUE HOW SPECIAL YOU ARE UNLESS you DO. OWN YOUR INDIVIDUALITY!

WHEN ALL YOU DO IS conform, ALL YOU OFFER IS CONFORMITY.

DULL YOUR shine FOR NO-ONE.

YOU HAVE NOTHING TO prove TO ANYONE. N.O.T.H.I.N.G!

WHEN YOU embrace WHO YOU TRULY ARE, YOU ENABLE OTHERS TO DO THE SAME.

Chapter 9: Change before you have to

BECAUSE life IS THE WAY IT IS, IT CAN NEVER STAY THE WAY IT IS.

CHANGE IS INEVITABLE. IT'S OUR ATTACHMENT TO permanence THAT CREATES OUR SUFFERING.

WHEN YOU STOP CLINGING TO THE PAST IT releases YOU TO IMPROVE YOUR FUTURE.

Chapter 10: Live by design, not by default

BRAVERY ALONE IS NOT ENOUGH. IT MUST BE CHANNELLED TOWARD A bigger VISION.

YOU CAN'T live INTENTIONALLY IF YOU'RE FOREVER LIVING HURRIEDLY.

CLARIFYING YOUR HIGHEST INTENTION FOR YOUR LIFE WILL transform HOW YOU LIVE IT.

Part II: Speak Bravely

Chapter 11: Your voice matters; be heard

DON'T LET TIMIDITY KEEP YOU FROM SAYING WHAT needs TO BE HEARD.

FOR THE SAKE OF WHAT ARE YOU WILLING TO SPEAK UP? DON'T DISCOUNT THE cost OF SILENCE.

COURAGEOUS CONVERSATIONS BEGIN WITH YOUR DECISION THAT SPEAKING THE truth IS MORE IMPORTANT THAN AVOIDING RISK.

Chapter 12: Speak from your heart, not your ego

BEING BRAVE IN YOUR CONVERSATIONS CAN BE JUST AS scary AS BEING BRAVE ON THE BATTLEFIELD.

THE MOST important CONVERSATIONS ARE OFTEN THE MOST DIFFICULT.

WHAT ISN'T TALKED OUT GETS acted OUT.

DON'T WAIT TO OOZE confidence BEFORE YOU SHARE WHAT'S WEIGHING YOU DOWN.

Chapter 13: Say no to the good to say yes to the great

A 'ONCE-IN-A-LIFETIME' OPPORTUNITY IS IRRELEVANT IF IT'S NOT aligned WITH WHAT YOU MOST WANT AND VALUE.

IF YOU'RE SAYING YES SIMPLY BECAUSE YOU think YOU 'SHOULD', THEN PERHAPS YOU SHOULDN'T.

BEFORE YOU SAY YES TO OTHERS, BE SURE YOU AREN'T SAYING NO TO yourself.

DON'T 'SHOULD' ON yourself OR LET OTHERS 'SHOULD' ON YOU.

Chapter 14: Dare to ask big

PEOPLE AREN'T MIND READERS, SO don't assume PEOPLE KNOW WHAT YOU WANT.

FEAR OF NOT GETTING WHAT YOU WANT IS A poor REASON NOT TO ASK FOR IT.

ASKING FOR WHAT YOU WANT correlates VERY HIGHLY WITH GETTING IT.

NO IS THE RISK YOU MUST TAKE TO GET YES. TAKE IT. JUST NEVER MAKE A 'NO' MEAN more THAN IT DOES.

GIVE PEOPLE THE opportunity TO SAY YES. DON'T SAY NO FOR THEM.

Chapter 15: Listen to understand; not to be understood

COMMUNICATION IS NOT DEFINED BY WHAT IS said, BUT BY WHAT IS heard.

LISTENING isn't RELOADING.

IF YOU WANT TO BE LISTENED TO, YOU SHOULD MAKE time TO LISTEN.

LET THE silence DO ITS WORK.

Chapter 16: Be willing to rock the boat

CHALLENGING THE NORM CAN BE risky, BUT
NO LESS THAN BEING OVERLY AGREEABLE.

Chapter 17: Talk more; type less

OUR DEVICES CATER TO cowardice. DON'T HIDE
BEHIND ONE JUST BECAUSE YOU CAN.

NOTHING REPLACES REAL, OLD-FASHIONED-
STYLE conversation.

Chapter 18: Hold people accountable

YOU GET WHAT YOU tolerate.

Chapter 19: Be careful keeping secrets

ONCE exposed A SECRET LOSES ITS POWER.
NOTHING MAKES US LONELIER THAN OUR
secrets.

LIFE ISN'T A FACEBOOK FEED. BY SHARING
THE LESS PRETTY ASPECTS OF OUR LIVES WE
FORGE THE strongest BONDS.

Chapter 20: Offer feedback; it's an act of service

NOT GIVING CONSTRUCTIVE FEEDBACK
DEPRIVES PEOPLE OF A CHANCE TO better
THEMSELVES.

BE honest ABOUT YOUR MOTIVATIONS BEFORE
OFFERING FEEDBACK. ONLY GIVE IT WHEN
YOU'RE SURE OF HOW IT WILL SERVE THE
PERSON RECEIVING IT.

GIVING CRITICAL FEEDBACK ALWAYS
INVOLVES RISK AND invites COURAGE.

Chapter 21: Say sorry even when it's difficult

SORRY IS HARDEST WHEN IT matters MOST.
NEVER RUIN YOUR APOLOGY WITH AN excuse.

SORRY TAKES COURAGE, BUT SAYING IT
CLEANS THE SLATE FOR YOU TO access SO
MUCH MORE.

Part III: Work Passionately

Chapter 22: Work as though what you do matters; it
does

OUR WORK ISN'T JUST A MEANS TO MAKE A
living; OUR WORK IS A MEANS TO MAKE
OURSELVES.

IF YOU DISLIKE YOUR work, EITHER CHANGE
WHAT YOU DO OR CHANGE HOW YOU DO IT.

BETTER TO FAIL AT DOING WORK YOU love
THAN SUCCEED DOING WORK YOU LOATHE.

WORK HARD. BE PATIENT. THE REST will
FOLLOW.

HARD WORK DOESN'T GUARANTEE SUCCESS,
BUT YOU CAN'T succeed WITHOUT IT.

Chapter 23: Play to win, not to avoid losing

COURAGEOUS ACTION IS ALWAYS THE ultimate
CAREER MOVE.

PLAYING safe CAN BE A HIGH-RISK STRATEGY.
DON'T KID YOURSELF OTHERWISE.

Chapter 24: Be the leader you would love to have

LEADERSHIP IS THE DOMAIN OF ANYONE
WITH THE courage TO ACT WITH IT.

YOU LEAD BY VIRTUE OF WHO you ARE, NOT
THE POSITION YOU HOLD.

WE AREN'T ALL MADE TO BE A CEO, BUT WE
ARE ALL CALLED TO MAKE OUR mark.

DON'T WAIT TO BE TOLD YOU'RE A LEADER.
ASSUME leadership.

Chapter 25: Quit quickly; fail fast

SOMETIMES CUTTING YOUR LOSSES IS THE BRAVEST (AND smartest) THING TO DO.

FAILURE IS AN event, NOT A PERSON.

WINNERS DO QUIT. THEY JUST DON'T waste YEARS DOING IT.

IF YOU FIND YOURSELF IN A HOLE, stop DIGGING.

EVERY DAY YOU STICK TO SOMETHING THAT'S not WORKING IS A DAY YOU AREN'T WORKING ON SOMETHING THAT could.

BE CAREFUL HOW YOU explain YOUR FAILURES. YOU TRIED; IT DIDN'T WORK OUT. LEARN THE lesson. MOVE ON.

Chapter 26: Never give anyone power to intimidate you

STAND tall IN YOUR OWN WORTH. COWER TO NO-ONE.

GIVE NO-ONE PERMISSION TO MAKE YOU feel SMALL.

Chapter 27: Don't hide behind humility

THE MORE PEOPLE WHO KNOW WHAT YOU WANT, THE MORE WHO CAN HELP YOU achieve IT.

FOCUS ON THE value YOU WANT TO GIVE, NOT WHAT YOU HOPE TO GET.

BE passionate ABOUT WHAT YOU DO.

DON'T HIDE BEHIND FALSE MODESTY. Risk DISAPPROVAL.

Chapter 28: Risk more rejections

REJECTION IS not ABOUT YOU. WHAT YOU MAKE IT MEAN IS.

DON'T WASTE YOUR REJECTIONS; LEARN AND grow FROM THEM.

THE MORE YOU PUT YOURSELF 'OUT THERE', THE sooner YOU'LL LAND WHAT YOU WANT.

REJECTION NEVER HURTS FOR AS LONG AS regret.

Chapter 29: Be decisive amid uncertainty

LIFE REWARDS action, NOT INDECISION.

SOME PEOPLE LIVE THEIR LIVES ON HOLD WAITING TO MAKE THE perfect DECISION.

THE MOST DANGEROUS DECISION IS not TO MAKE ONE.

BETTER TO MAKE A WRONG DECISION NOW THAN TO BE paralysed BY INDECISION.

INACTION DOESN'T MAKE YOU MORE SECURE; IT MAKES YOU less SO.

Chapter 30: Unlearn to relearn

A CURIOUS MIND WILL TAKE YOU further THAN A CLEVER ONE.

THE FUTURE BELONGS TO THOSE WHO PREPARE FOR IT today.

Chapter 31: Seek expert advice, but apply it sparingly.

NO ENEMY IS worse THAN BAD ADVICE.

NEVER HAND ANYONE BLANKET AUTHORITY TO decide WHAT'S RIGHT FOR YOU.

CONSULT YOUR OWN INNER sage. IT KNOWS BETTER THAN ANYONE WHAT'S RIGHT FOR YOU.

Chapter 32: Lift others as you climb

BEING GENEROUS confronts OUR FEAR OF MISSING OUT.

WHEN WE LIFT OTHERS, WE LIFT ourselves, EVEN IF THEY DON'T SAY THANK YOU.

HAVE faith. PAY IT FORWARD.

BE generous WITH ENCOURAGEMENT. MOST PEOPLE ARE HUNGRY FOR IT.

Part IV: Dig Deep

Chapter 33: Life doesn't happen to you, it happens for you

YOU ARE stronger THAN ANYTHING YOU FACE.

Adversity INTRODUCES US TO OURSELVES.

Chapter 34: Refuse to let your circumstances define you

YOU CAN'T ALWAYS CHOOSE YOUR CIRCUMSTANCES BUT YOU CAN always CHOOSE YOUR RESPONSE TO THEM. THEREIN LIES YOUR POWER.

YOU — AND only you — ARE RESPONSIBLE FOR YOUR HAPPINESS.

Chapter 35: Nurture resilience daily; courage calls for it

RESILIENCE IS INDISPENSABLE TO LIVING bravely.

RESILIENCE ISN'T WHAT YOU HAVE; IT'S WHAT YOU do.

DAILY 'RESILIENCE-BUILDING' HABITS SOW THE SEEDS FOR lasting RESULTS.

MAKE TIME TO DO WHATEVER FUELS YOUR strength — BODY, MIND AND SPIRIT

Chapter 36: Asking for help reveals strength, not weakness

ASKING FOR HELP PROVIDES PEOPLE A CHANCE TO give THEIR GIFTS.

Ask FOR HELP NOT BECAUSE YOU'RE WEAK BUT BECAUSE YOU WANT TO STAY STRONG.

Chapter 37: Let go disappointment but retain your hope

IT'S ALWAYS TEMPTING TO SEE THINGS AS YOU wish THEY WERE INSTEAD OF HOW THEY ARE.

IF YOUR PLANS ALWAYS WORKED OUT AS YOU WANTED, YOU WOULDN'T appreciate IT WHEN THEY DO.

NO-ONE WILL always ACT JUST AS YOU WANT. DISAPPOINTMENT TEACHES US TO LET GO OUR ATTACHMENTS. IT'S A lesson WE RARELY LEARN QUICKLY.

HOPE IS A risk THAT MUST BE RUN

Chapter 38: Do your best with what you have; it's enough

WHEN YOU GIVE YOUR BEST, HOWEVER INSUFFICIENT IT MAY SEEM, YOU cannot FAIL.

DO THE best YOU CAN, WITH WHAT YOU HAVE, WHERE YOU ARE, BEGINNING NOW.

DON'T CONFINE YOURSELF TO A MENTAL WHEELCHAIR, dwelling ON WHAT CAN'T BE DONE.

GIVE UP YOUR fight WITH REALITY. YOU'LL NEVER WIN.

DON'T LET YOUR HARDSHIPS BECOME YOUR IDENTITY.

Chapter 39: Anger chains you to the past; leave it there

BE bigger THAN ANY WRONGS COMMITTED AGAINST YOU.

LETTING GO OF ANGER IS LOVING YOURSELF MORE THAN YOU loathe SOMEONE ELSE.

PRACTISE compassion. IT WILL HELP YOU SEE THROUGH NEW EYES.

Forgive YOURSELF. IT'S CHEAPER AND MORE EFFECTIVE THAN THERAPY.

FORGIVENESS DOESN'T DENY THE PAST, IT expands THE FUTURE.

Chapter 40: Sit with your sadness

WHEN WE SHUT OURSELVES OUT TO SADNESS, WE SHUT OURSELVES OUT TO joy.

SADNESS POINTS US TO WHAT matters MOST.

LIVING fully MEANS FEELING FULLY. SOMETIMES THAT'S REALLY PAINFUL.

GETTING PRESENT TO THE SADNESS THAT PULLS AT YOUR HEART IS BOTH AN ACT OF courage, AND AN ACT OF SELF-LOVE.

Chapter 41: Gratitude elevates; lift yourself daily.

GRATITUDE TAKES NOTHING FOR GRANTED, BUT AMPLIFIES all THAT YOU HAVE.

GRATITUDE IS ONE OF OUR MOST MEDICINAL emotions. IT ACTS AS A TONIC FOR LIFE'S ILLS AND AILMENTS, SOOTHING OUR PAIN AND LIFTING OUR SPIRITS.

GRATITUDE expands OUR CAPACITY FOR JOY AND INFUSES A DEEPER DIMENSION INTO OUR EVERYDAY LIVING.

Part V: Dare Boldly

Chapter 42: Live from your imagination; not your history

EVERY POSSIBILITY begins WITH THE COURAGE TO IMAGINE.

LIFE IS AS big AS YOU DARE TO DREAM IT.
IF YOUR BIGGEST GOALS ARE EASILY REACHED, THEN YOU'RE THINKING too SMALL.

Chapter 43: Pave your own path

SOMETIMES FINDING THE RIGHT PATH first REQUIRES GETTING A LITTLE LOST.

Chapter 44: Yes, take that chance! The odds are better than you think

KNOWING YOUR COGNITIVE BIASES WILL HELP YOU compensate FOR THEM.

POTENTIAL LOSSES LOOM larger THAN GAINS.
DON'T UNDERESTIMATE YOUR ability TO HANDLE RISKS.

Chapter 45: Fear regret more than failure

AT LIFE'S END, PEOPLE DON'T regret THE RISKS THEY TOOK; THEY REGRET THOSE THEY DIDN'T.

BE CAREFUL NOT TO LET YOUR FEAR OF WHAT YOU DON'T WANT KEEP YOU FROM pursuing WHAT YOU DO.

Chapter 46: Break the rules; make your own

SOMETIMES bravery CALLS FOR REBELLION.

GAME changers ARE RULE BREAKERS.

WE MUST REGULARLY question THE RULES THAT GOVERN OUR LIVES, LEST THEY RULE US.

Chapter 47: Forget perfect! Good enough is good enough

DONE IS better THAN PERFECT.

PERFECTIONISM CAN confine PEOPLE TO A LIFE OF IMMACULATE MEDIOCRITY.

AIMING FOR 'PERFECT' WILL LEAVE YOU always STRIVING, NEVER ARRIVING.

PERFECTIONISM IS THE mother OF PROCRASTINATION.

Chapter 48: Embrace problems that are worthy of you

BE CAREFUL YOU DON'T inflate SMALL PROBLEMS INTO BIG ONES.

TAKING ON BIG PROBLEMS PUTS ALL YOUR OTHER PROBLEMS INTO perspective.

Chapter 49: Courage is contagious; walk with giants

ISOLATION IS A dream KILLER.

YOU BECOME THE COMPANY YOU KEEP. CHOOSE wisely.

SOMETIMES WE NEED TO LET GO OF OLD FRIENDSHIPS TO MAKE ROOM FOR better ONES.

SURROUND YOURSELF WITH people YOU WANT TO BE MORE LIKE.

Chapter 50: Think big; start small; begin now

COMMIT TO ONE STEP AT A TIME, HOWEVER small THAT STEP MAY SEEM.

EMBRACE DISCOMFORT. YOU'LL NEVER thrive IN YOUR COMFORT ZONE.

EVERY great ACCOMPLISHMENT IS THE RESULT OF A THOUSAND SMALL BRAVE STEPS.

Epilogue

BE BOLD, BE BRAVE, BE FEARLESS ... EVEN IF
you'RE NOT. LIFE REWARDS action.

AS YOU REFUSE TO LET DOUBT dictate YOUR
CHOICES, NEW DOORS OF OPPORTUNITY WILL
OPEN. JUST WAIT!

SOMETIMES THE HARDEST PART OF THE
JOURNEY IS believing YOU ARE WORTHY OF THE
TRIP. YOU ARE.

ACTION IS THE MOST powerful ANTIDOTE TO
FEAR.

Advert

End User License Agreement

About the Author



A *Forbes* columnist, best-selling author and media commentator, Margie Warrell is a thought leader in human behavior who is passionate about empowering people to live and lead more courageously.

Drawing on her background in business, psychology, coaching and diverse life experiences, Margie runs leadership, resilience, communication and courage-building programs worldwide. Her clients include NASA, British Telecom, The Body Shop, Australian Federal Police, Wells Fargo Bank and Accenture.

Margie walks her talk when it comes to living bravely. She's had many adventures since growing up on a dairy farm in Victoria, Australia, including having four children in five years while relocating to three countries! She has ventured off the beaten track in over 60 countries through the Middle East, South America, Central Asia and beyond. She also spent three years working in Papua New Guinea.

As the founding CEO of *Global Courage*, a women's leadership organisation, Margie is a passionate advocate for gender equality and emboldening women to be more powerful catalysts for change. She has spoken at global

women's events with the United Nations Foundation, Ernst & Young, Oracle and many more. She is also an Ambassador for Beyond Blue.

Best-selling author of *Find Your Courage* (McGraw-Hill) and *Stop Playing Safe* (Wiley), Margie regularly shares her insights with leading media such as *The Today Show*, Fox News, *Sunrise*, CNN, and Al Jazeera. Her expertise has also been featured in *Psychology Today*, *BRW*, *O Magazine* and *Wall Street Journal*. Margie travels regularly between Australia and the USA. For more information visit margiewarrell.com.

Acknowledgements

Every book involves an act of courage in some measure. This book is no exception and so I want to acknowledge the many people who've supported me in the journey to bring *Brave* into your hands.

To Lucy Raymond, my editor at Wiley. When I first mentioned the idea of writing this book, with its short focused chapters, and which didn't fall squarely with Wiley's core 'business book' genre, I held little confidence it would be of interest to them. More personal than my previous book *Stop Playing Safe*, this book has therefore been not just an act of bravery for me, but for Wiley which has backed it. So Lucy, a heartfelt thank you for your faith in me and in this book! Thank you also to the whole team at Wiley and my delightful (and patient!) editor Sandra Balonyi. Once again, you have enabled me to share my passion and insights more broadly through the words in this book.

I can't let it go without mentioning that during the writing of this book I celebrated 21 years of marriage (yes, a child bride!) to my husband Andrew. While the length of a marriage doesn't necessarily reflect the love within it, I'm very fortunate to have married someone who has always been my most ardent champion. So to Andrew, thank you. Our lives are often extremely busy as we straddle two hemispheres pursuing our dreams and nurturing our children to pursue their own, yet you always make time for me — to bounce ideas off, encourage me, counter my doubts and point out where I'm selling myself short. You've helped me to 'train my brave' countless times.

Acknowledgement also to my four loud but exceedingly loveable children: Lachlan, Maddy, Ben and Matthew. Ten years ago, when I began writing my first book, *Find Your Courage*, you were aged six and under, and still watching The Wiggles. During the writing of this book one of you left home and one of you jumped out of a plane with a parachute (landing safely!). While I sometimes feel sad that this family-rich season of my life is passing so quickly, I could not be more proud of the big-hearted, passionate, adventurous and good-humoured young people who call me 'Mum'. Keep shining brightly and bravely. Just tidy your rooms first!

A big shout out also to my 'support crew' around the globe — Meaghan Selwood, Valerie Hutnan, Kim Sellnow and James Tuttle — for your invaluable behind-the-scenes support. And to Bridget Deary, a fellow 'country girl' who also wore the Nagle College green! On many days your help at home freed me to stay buried in my writing a few hours longer than I could have otherwise. Thank you also to George, Jason, Sam, Peter and all the crew at the White Rabbit cafe for letting me set up permanent residence at the back corner table. You make the best lattes in Melbourne!


Of course, I'm also immensely grateful to my family, friends and 'followers' — online and offline — whose support is always, always, appreciated. We can go so much further together than we ever can alone, so thank you for inspiring me to think bigger and live braver. Yes, I know that's grammatically incorrect but, as I write in this book, rules can be soooo over-rated!

And last, but not least, thank you to my dad and my mum, Ray and Maureen Kleinitz. You gave me deep roots, strong wings and profound faith in a higher Power far greater than my own. Knowing that you would have been proud of me no

matter what I did has freed me to follow my heart in all matters, to live purposefully and to pursue work I love. What a different world we would live in if every child could grow up feeling so unconditionally loved. It's my deepest hope that this book will help to bring greater love into more hearts, peace into more homes, and, in some small way, joy into more lives. If it does, then know you played your part.

A handwritten signature in cursive script that reads "Margie". The signature is written in a dark ink and is positioned in the lower-left quadrant of the page.

“ I WAS SCARED MANY TIMES ON
EVEREST, BUT THIS IS ALL PART
OF THE CHALLENGE. IT IS NOT
THE MOUNTAIN WE CONQUER,
BUT **OURSELVES.**”

An illustration at the bottom of the page shows two birds in flight against a dark background. Below the birds are stylized white outlines of mountain peaks and clouds. The quote is positioned above this illustration.

—
Sir Edmund Hillary
—

Introduction

How many times have you kept your mouth shut when there was something you really wanted to say? How often have you held back from doing something for fear of failing or appearing foolish? When did you 'go along to get along', only to regret it later? Do you sometimes tell yourself that you're not smart enough, strong enough or brave enough to make that change or take that chance?

If you've ever thought to yourself, 'If I just had the guts', you're not alone.

None of us is immune to fear — of failing, criticism, rejection or being 'found out' as unworthy in some way. Yet, left unchecked, our fears can confine our lives in countless ways. Which is why living fully is synonymous with living bravely: being willing to back yourself and take a risk, speak your truth and exit your comfort zone to go after what you truly want, change what you don't and honour yourself fully.

PLAYING SAFE AND AVOIDING RISK *doesn't* MAKE US MORE SECURE, IT MAKES US *less* SO.

The truth is that living bravely is not easy. If it were, we all would be! There's no magic formula or pain-free, 10-step plan to permanently liberate yourself from fear. The only way to be brave is to act bravely — day in, day out — when times are easy and life feels good *and* when times are tough and it doesn't. It's why I've written this book: to help you strengthen your muscles for living bravely. Not just because of what you can accomplish when you do, but