

10 Seconds of Courage

- **Change Your Thinking:**

If you can't control the outcome, you can control how you respond

- **You are who you tell yourself you are**
- **Fear creates an opportunity for your courage**
- **It doesn't hurt any less if you close your eyes**
- **Who is in your corner & whose corner are you in?**
- **What would you do if you only had one year to live?**
- **When you get knocked down, you decide how you stand up**

- **Every dream takes 10 Seconds of Courage to start**