

# Be Courageous

You can be courageous and still be peaceful. Being courageous means taking those steps that you are most afraid to take. Courage does not mean winning or showing an amazing feat of strength; courage means holding true to your values in the face of negative retribution. Courage means doing what you know is right, even when you do not want to. Be courageously peaceful, and spread peace to everyone you meet. It may be difficult, but peace will inevitably prevail.

**Joseph Kaluza**

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Being courageous is so important when taking risks and trying to make a difference. Change has never been a smooth ride, and without a few bumps, sharp turns and stops, change wouldn't be worth it. You have to be able to show that you aren't invincible, that you can be scared and will work to overcome your fear, or at least slowly walk towards it in order to achieve a goal.

**Melanie Coulas**

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Having COURAGE means that you recognize that you are scared of something but you do it anyway. It means realizing that you can do anything you put your mind to and that you are never alone. It means recognizing your full potential and going out into the world, doing what needs to be done. It is about realizing that the one who walks away from the fight has more courage than the one who stays to fight. It is about knowing that it is okay to seek help when you need it. It is about protecting your values, your morals, and everything you stand for, but doing so peacefully and respectfully.

**Elizabeth Linsley**

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Sometimes you just have to have the courage and do what you must do. There are times when you are scared, embarrassed, or just plain don't want to do or admit to something, but there will always be times like these! Courage is needed at these times. So if you be brave, and just do what you have to do, such as telling the truth when there is trouble, things will always be OK! If you have courage, you have strength, and if you have strength you will always survive.

**Lilly Field**

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There is no set definition of courage in my books. Courage can be anything as long as you are trying to achieve something. To me, cancer patients are courageous for trying to fight for their life. Police officers are courageous for trying to save people. Everyone has courage, it just takes something in their life to bring it out.

**Michelle Andoniello**

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Courage is the firmness of spirit that faces danger without flinching. Courage, to me, can be summed up with a poem I received from a swim coach. Everyone has a chance to choose courage over fear at some point in their lives...

Two frogs fell into a deep cream bowl, One was an optimistic soul. But the other took a gloomy view, "I shall drown!" he cried, "And so will you!" So with a last despairing cry, He closed his eyes and said good-bye! But the other, with a merry grin, said "I can't get out, but I won't give in! I'll swim around until my strength is spent, For having tried, I'll die content." Bravely he swam until, it would seem, His struggles began to churn the cream. On top of the butter at last, he stopped, And out of the bowl he happily hopped.

What's the moral? It's easily found, If you can't get out, keep swimming around!

**Stephanie Bullen**