“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness. That most frightens us. We ask ourselves Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be?”

- “Our Deepest Fear” a poem by Marianne Williamson

Being courageous involves having the mental and moral strength to venture, persevere, or withstand fear or difficulty. Everyone has the ability to be courageous, you only have to make the choice to use the courage that lies within you. We are “powerful beyond measure.” Remembering you have the potential to do great things will empower you to persevere through difficult situations and face your fears. Do not be afraid of the power within you. Own it! Use it!

**Parent Practice Tip:**

Superheroes aren’t just in comic books. Parents are the superheroes in their children’s lives. The time and love you share with them is important, so today spend whatever time you can with your child(ren).

**To Learn More:**

What is Courage?

Akeelah and the Bee - Our Deepest Fear

[www.ChooSELoveToThrive.org](http://www.ChooSELoveToThrive.org)