

# The Courage to be Real

Nancy J. Lewis, MS, PHR

In a world of constant perpetual change, life trials and triumphs, the courage to be real and true to yourself is vital to maintaining joy, peace, and serenity in your life. So often we find ourselves trying to be what others want us to be instead of being true to the wonderful person God made us to be. When we do this, we are not happy and nor are the people we are trying to impress. We must stop the games and pretense and find the courage to be a woman who walks in integrity, respect for others, and authenticity. It is time for us to look in the mirror and learn to appreciate the special person we are. The courage to be real requires taking stock of all you have been blessed with so you can allow your spirit to soar. Consider some of the following strategies in your quest of being real with yourself.

1. Remember life is not a dress rehearsal and it is important to make the most of every minute everyday. Don't live a life of regret because you failed to be honest with yourself. Don't keep putting off doing some of things you have purposed in your heart to do. The time is now to move forward and take that leap of faith and dismiss the fear that has been holding you back. Learn how to love yourself right where you are with all your flaws and imperfections. You see, we all have things we must work on, but the important thing is to not beat yourself down and have a pity party. Instead, get up, take responsibility for your life and let your light shine bright because of your inner joy and peace.
2. Expect great things to happen in your life because you deserve success. In life, we get what we expect, so why not think big and go for the gusto. Encourage yourself to continually stretch and grow and step outside your comfort zone. When you are able to do this, you give yourself the courage to soar and achieve greatness. Let passion fuel your goals, dreams, and desires as you pursue them with energy, excitement, and enthusiasm.
3. Adopt an attitude that allows you to turn your mess into miracles, your pain into a pearl, and your tests and trials into triumphs. You must decide each day what attitude you will embrace. Life will throw you curves, disappointments, and challenges, but life will also throw you happiness, success, and peace. The attitude you have about yourself is key. Learn how to balance the many roles you play in life and commit to taking time to do something you enjoy. When was the last time you took an afternoon off and treated yourself to a movie at home in your pajamas eating a bowl of popcorn, or going to the spa for a manicure, or taking yourself out to eat? You get the picture; regularly treat yourself to something nice. It inspires you and keeps your attitude positively charged.
4. Learn to laugh more, love more, and live more. Lighten up and don't take yourself so serious. If you mess up, review, reflect, and find out what you can do differently the next time and move on. Listen to your spirit when it speaks to you and tells you to take time out. Love yourself unconditionally and stay true to your values and standards that govern your life.

The courage to be real begins today. I challenge you to remain focused, faith filled, and fired up to continue your journey of being real with yourself.

Nancy J. Lewis is the president of Progressive Techniques, Inc. where the theme of her organization is “Developing a Better YOU!” Nancy is a motivational speaker, trainer, author, and business coach. She can be reached at (404) 559-7614, email: [nancyjlewis@bellsouth.net](mailto:nancyjlewis@bellsouth.net) or Website: [www.nancyjlewis.com](http://www.nancyjlewis.com).