

What would you do if you could muster up the courage required to do it? As some of you saw from my Dance Walk video last month, I'm working on a new project to practice "being brave" in big and small ways. Why does that particular "thing" that came to your mind after reading the first sentence here, require courage for you? Note: Rather than reflecting on past examples where you were brave, look to the future. And, for the record, I appreciate the bravery required to respond to my prompt. Thank you.

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**Sara** I would fly in a hot air balloon!!

April 27 at 10:59am · Unlike · 1

**Lynne McKnight Herr** What about that experience would require courage for you, Sara?

April 27 at 11:00am · Like

**Sara** I am scared of heights!!

April 27 at 11:00am · Unlike · 1

**Jennifer** Bunge Jump. I am terrified of heights!

April 27 at 11:01am · Unlike · 1

**Kathy** Always have wanted to hang glide. I love the dichotomy of peaceful, quiet soaring and scary flying sensations...

April 27 at 11:05am · Unlike · 2

**Cassie** A) I would take an extended solo trip  
B) Rent a cabin in the woods and photograph wildlife

April 27 at 11:08am · Like

**Lynne McKnight Herr** Kathy and Cassie - what part of those experiences requires courage for you?

April 27 at 11:10am · Like

**Cassie** I struggle with being alone... I know myself well enough to know its a need to feel safe

April 27 at 11:26am · Unlike · 1

**Kathy** Knowing that I am solely in charge of a situation that could provide joy or bring danger and even death would take courage to mentally grapple with... On the physical side, taking that step to launch myself over that cliff would require great courage straight from the heart! (:

April 27 at 11:28am · Edited · Unlike · 2

**Jane** I parasailed last month afraid of heights, and landed on the back of a boat! Felt great afterwards though!

April 27 at 12:03pm · Unlike · 1

**Lynne McKnight Herr** What else is on your "courage required" list for the future, Jane? I loved hearing about your parasailing experience when we talked in North Platte last month. I really appreciate that you are always looking for ways to grow and stretch yourself.

April 27 at 12:06pm · Like

**Shelly Mowinkel** If I could muster up the courage to do something it would be to write a devotional.

April 27 at 1:17pm · Unlike · 1

**Lynne McKnight Herr** Shelly, what aspect of writing the devotional would require courage for you?

April 27 at 1:19pm · Like

**Shelly** The writing...making sure thoughts make sense and are grammatically correct. Not a strength of mine:) But, honestly, I think I need the courage "just to do it".

April 27 at 1:38pm · Edited · Unlike · 1

**Lynne McKnight Herr** Shelly - Count me among your legion of English major/teaching friends who offer up any writing advice you need! Go for it!

April 27 at 1:39pm · Like · 3

**Dawn** I'm afraid of heights, too, but I've been twice in a hot air balloon and it was fantastic!

April 27 at 1:47pm · Unlike · 1

**Sarah** In your post, I find. . . "Rather than reflecting on past examples where you were brave, look to the future" interesting because that is immediately did- scanned experiences in the past week or so looking for bravery instead of thinking ahead. Thanks for the reflection prompt!

April 27 at 2:03pm · Unlike · 1

**Lynne McKnight Herr** I eagerly anticipate your response to the prompt, Sarah.

April 27 at 2:05pm · Like

**Jeri** My fear is looking ahead because of my past failures. I am afraid to take that step needed to go where I know I belong because afraid to fail and go even more backwards. Also heights which I just avoid.

April 27 at 2:12pm · Unlike · 2

Lynne McKnight Herr Jeri,- Something to consider . . . If you did step out toward where you "know" you belong, but failed or stepped backward, what would you lose in the worst case scenario? Maybe it's worth the risk. Regardless, the past is over, but you make it your "now" if it makes decisions about your future for you. (No need to supply details here unless you want to. And I don't pretend to know all of the answers here!)

April 27 at 2:21pm · Like · 1

Lisa I am so excited to travel overseas this summer and am also having to muster up some bravery to make plans that go off the beaten path...Just hearing you talk about your project makes me want to dig more deeply into my own brave self...

April 27 at 2:30pm · Unlike · 2

Lynne McKnight Herr Lisa - I am hoping to see selfies taken from your cycling journey in the countryside!

April 27 at 2:31pm · Edited · Like · 1

Lisa Me too, Lynne!!!

April 27 at 2:32pm · Like

Jeri my daughter answer....my fear is when I die I will just be another name on a grave...

April 27 at 2:37pm · Like

Lynne McKnight Herr For all of you with dreams that include overcoming your fear of heights - here is some inspiration for you. You'd just as well go big, right?  
<http://www.fearbuster.com/.../rejection-87-skyjump-off-a.../>



**Rejection 87 - SkyJump off a Building (rejecting my fear)**

[www.fearbuster.com](http://www.fearbuster.com)

We mostly consider rejections as inter-personal experiences, with one person rej... [See More](#)

April 27 at 2:37pm · Like · Remove Preview

Lynne McKnight Herr Jeri - If you both set aside your focus on fear and instead focus on the possibility inherent with the question, "What would you do if you could muster up the courage required to do it? " How might you answer?

April 27 at 2:39pm · Like

Jeri she plans to figure out a way to do something good in the world to help people...

April 27 at 3:06pm · Unlike · 1

**Jeri** I believe and see myself succeeding

April 27 at 3:09pm · Unlike · 1

**Susan** Just love these comments, Lynne - thanks for putting a topic out there that particularly hits home for me. I've always considered myself a pretty much "outside of the box" person and believe I encourage my children to be the same way, particularly with physical and mental challenges. But emotional, not so much. I would love to write a book on major life experiences that have shaped me. Losing my dad at such a young age, going through divorce, some of the challenges I have faced with my children. It would take great courage for me, because what if it was published? The raw vulnerability scares me to death. I've considered the opportunity of being able to help and inspire others by sharing my story. Still scares me. Because what if it isn't successful and totally stinks? Haha. I know I need to take a step and give it a shot because the process is the most important part, regardless of the outcome. It's just so much easier said than done.

April 27 at 4:01pm · Unlike · 3

**Brandon** Travel the world with my camera.

April 27 at 4:04pm · Unlike · 1

**Dottie** Cassie--you might enjoy reading Anne Morrow Lindbergh's book, Gift from the Sea. She stayed alone for a week each year.

April 27 at 4:30pm · Unlike · 2

**Jeri:** Susan..I am in same position. I have started a few writing ideas based on my challenges mainly for therapy type but several have encouraged me to go further with it..idk if I can because it opens up the heart to everyone that reads it to know me and that scares me..but I am still writing for myself now lol

April 27 at 5:04pm · Unlike · 3

**Jill** 1. Compete in a Hard Charge event with my husband.  
2. Enroll in a doctorate program.

April 27 at 5:40pm · Unlike · 2

**Brandon:** Lynne McKnight Herr do you mind if I post this question in my Eagle Update this week? I try to throw reflection pieces out to the staff a couple time as month. I love the post and the comments!

April 27 at 5:52pm · Unlike · 2

**Ellen** The thing that takes the most courage... answering your question honestly! So much opportunity but so many doubts...

April 27 at 5:52pm · Unlike · 1

Lynne McKnight Herr Brandon - I'd be happy to have you post the question! And I'd love to read the responses!

April 27 at 5:55pm · Like · 1

Lynne McKnight Herr Ellen, you can do it. Not important that you post your answer here, but knowing the answer yourself seems important.

April 27 at 5:57pm · Like

Tammy Sky dive...I think the views would be amazing. Professionally, I'd love to be able to volunteer regularly in impoverished areas and nations. I will do this someday (when I don't have to feed my family and pay for college!)

April 27 at 6:25pm · Unlike · 2

Peggy Right now thinking retiring is taking bravery and courage!

April 27 at 8:09pm · Unlike · 2

Lynne McKnight Herr Yes, it is, Peggy. And you are rocking it. YOLO, my friend!

April 27 at 8:16pm · Like

Susan: Jeri, I know exactly what you mean! Courage is a funny thing. Have you read any of Brene Brown's books about vulnerability v. shame and living an authentic life? Love her stuff. It is clearly cleansing/terrifying/healthy to put yourself out there. To anyone - even people you trust, let alone "the masses".

April 27 at 8:34pm · Unlike · 1

Kelly I have been very brave lately and still wake up in the morning and make multiple faces. Some big smiles and some worried looks and big eyes. I keep telling myself that I am being a good example to my girls by being brave!

April 28 at 8:54am · Unlike · 1

Maxine buy a bike. and get to riding...

April 28 at 10:46am · Unlike · 1

Sue: Lynne, What a good discussion you are facilitating here! Peggy, you are showing courage in retiring! I can't wait to see what fun you have in the next chapter of your life!

May 1 at 9:31pm · Unlike · 1