



MONDAYS

with Mike

Six Types of Courage

Todd Scott, one of AultCare's great sales team leaders, sent me a neat graphic about the Six Types of Courage. As we continue our march into 2024, let's do it courageously in the manner that these six suggest!

Physical Courage: to keep going with resiliency, balance, and awareness.

Social Courage: to be ourselves unapologetically.

Moral Courage: doing the right thing even when it's uncomfortable or unpopular.

Emotional Courage: feeling all of our emotions (positive and negative) without guilt or attachment.

Intellectual Courage: to learn, unlearn and relearn with an open and flexible mind.

Spiritual Courage: living with purpose and meaning through a heart-centered approach toward all life and oneself.

Be bold and courageous this week!