



**CHOOSE COURAGE**

**Step Into the  
Success You Want**

**Sparking Your Powers**

**Ruth M. Schimel, Ph.D.**

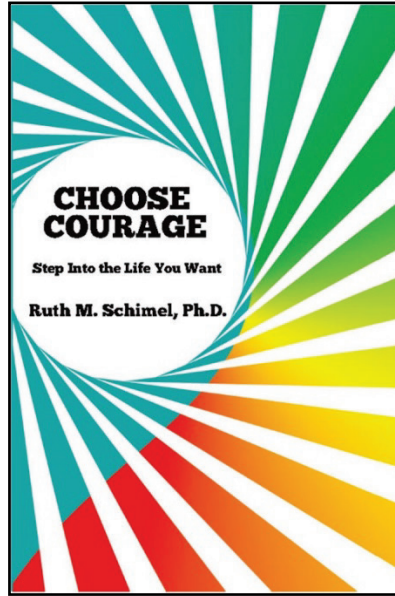
Choose Courage:  
Step Into the Success You  
Want

**Sparking Your Powers**

by Ruth M. Schimel, Ph.D.  
Career & Life Management Consultant

DON'T MISS THIS GROUNDBREAKING BOOK THAT PROVIDES THE  
FOUNDATION FOR THE HANDBOOKS

Choose Courage: Step Into the Life You Want



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Career & Life Management Consultant

Available at [www.amazon.com](http://www.amazon.com) or neighborhood bookstores

In softcover and Kindle editions

ISBN: 13:149034303

**Choose Courage: Step Into the Life You Want**

## ACCLAIM FOR CHOOSE COURAGE

We are in the era where individuals can express who they are, what they believe in, what they seek, and where to move forward as never before across most of the globe.

Technology has enabled and empowered the ability to have a platform to express your opinions through tweets, blog posts, and other means. Thus the timely publication of the Dr. Ruth Schimel's new book entitled "Choose Courage: Step Into the Life You Want" is ideal to guide individuals to not only pursue their dream but also to realize it.

*Choose Courage* offers a unique set of guidelines that is sensitive to the individual reader and allows everyone to tailor the recommendations to their own set of circumstances. Most "how to" books dictate a lofty set of rules and principles to the reader as pathways to success. Instead, Dr. Schimel offers a positive, manageable, and realistic process.

*Choose Courage* is an outstanding life map that guides a range of individuals from business leaders to elementary teachers to exhibit the courage and to use their respective talents without boundaries, without fear.

**Dr. Hubert Glover, Drexel University, Author of *Giraffes of Technology: The Making of the 21st Century Leader***

## USE AND BENEFITS OF CHOOSE COURAGE

*Choose Courage: Step Into the Life You Want* transforms what could be a heroic cliché into concrete ways you can realize your true capacities. Based on doctoral-level research with everyday people, the book provides a 21<sup>st</sup> century definition of courage. The array of tools and guidance will help you build on your strengths and skills as well as transcend emotional barriers. Photos, art, humor, and poetry will also inspire your continuing action.

The design of *Choose Courage* echoes the dynamism of life. Like the blended, spontaneous nature of jazz, this interactive book uses a range of disciplines to support fresh ideas and menus of processes; weave them into what you want and need. Since the approach reflects the incremental nature of actual progress, take the small steps in whatever order makes sense to you. Or use the sequence offered. You'll be prompting your own potential and useful contributions from and to others.

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**Use your good judgment, intuition, intellect, and common sense as you apply and adapt suggestions and guidance from this handbook.**

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**Cover graphic by Blen Getahun, [www.blengdesign.com](http://www.blengdesign.com)**

ISBN13:9781500706340

ISBN10: 1500706345

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## **ACKNOWLEDGEMENTS**

This handbook is offered with appreciation to my clients and readers, as well as to my collaborator and production editor, Kathleen Sindell, Ph.D.

# INTRODUCTION TO GUIDES FOR YOUR SUCCESS

## WAYS TO THINK ABOUT SUCCESS

The word *success* may sound seductive to you. Yet according to the dictionary it just means accomplishment of a goal. Sounds a little mundane? Perhaps it's the second definition — gaining fame or prosperity — that makes the word so appealing.

Unfortunately, these short guides cannot ensure your success, however you define it for yourself personally and professionally. Neither are they sources of magical advice. Instead, these guides will help sprout the seeds of success already within you. They include cultural norms and values, genetic predispositions, and positive emotions which often spark energy and motivation.

Differing from the thousands of books and articles already available, this low-cost material is short yet sophisticated. Action and authenticity are emphasized via an array of adaptable, small steps that prompt results. At the same time, you'll get suggestions for continuing progress when you're ready.

Emphasis on guidance and inspiration tailored to individual readers also differs from most widely-read self-help books on success. Among the first was Ben Franklin's *Poor Richard's Almanac*, self-published under a pseudonym in 1732. Captivating readers in the late 1800s, Horatio Alger's rags to riches stories also focused on building character. With the influence of psychology, books in the 1900s such as Dale Carnegie's *How to Win Friends and Influence People*, and his friendly competitor Norman Vincent Peale's *The Power of Positive Thinking*, switched to present-day focus on personality. More recently, the list continues on and on, including works of W. Clement Stone, Tony Robbins, and Stephen Covey.

You can always explore the lists of thousands of books on success at [www.amazon.com](http://www.amazon.com) and elsewhere, as you wish. But for digestible guidance built on what makes you unique and encouraging manageable action, these short guides recognize your time constraints. By taking small steps in sequences that work for you and honor who you are within the context of *your* life, progress is more likely. Efforts can build over time, encouraging authentic choices that give you access to the success you want.

The process of building success can start with your vision or idea, possibly your hopes and dreams; they often integrate meaning with your passions. The concrete

ingredients you provide include your time and experience, your skills and abilities, your common sense and honesty with yourself. Persistence and continuing learning are also catalysts for progress.

Once you make commitments that have meaning to you, outside expertise, resources, and connections are more likely to become obvious and responsive. Ultimately, though, you hold the cards and choices of dealing them. For example, you can decide how you will proceed and with whom you want to collaborate to create success.

Then, as you continue to clarify your purposes to yourself and others as well as to follow through with related action, mutual trust evolves. That rich intangible can make what seems magical progress flow naturally.

Some call such flow serendipity or chance happenings. Synchronicity, or the simultaneous occurrence of events that appear related but have no discernible connection, may also occur. But actual power is likely generated by your own authentic actions, commitment, passion, and vocation, as you define it. Their interaction will encourage and empower you. (See Appendices A and B for research-based definitions of courage and related concepts as well as cycles of development.)

Scientist Louis Pasteur is supposed to have said some variation of *chance favors the prepared mind*. Luck or fortune sometimes replaces chance in similar quotes. In other words, you'll be creating your own luck most of the time. Just keep in mind there are no simple relationships, or cause and effect, between what you do and what happens. Your power resides in your choices about what to do and how you promote and handle results.

## START TO EXPLORE WHAT SUCCESS MEANS TO YOU

As you serve your priorities and pursue your purposes, you'll know better when to move forward with your vision or plan, be flexible, and adjust expectations. You'll also sense when to honor your intuition and instincts.

One way to become better focused is to define what a good outcome is or can be in particular situations. Some might call that a success, whether modest or more ambitious.

To improve momentum, just take a few minutes to jot down how you'd define success related to one personal, professional, or integrated situation. Try two to four sentences on the lines below.

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If nothing inspiring immediately comes to mind or you want to stretch your ideas of success for now, here are tangible and intangible examples of what it might include.

Since they are somewhat general, adapt them, or add your original ideas. Be as specific as possible to add clarity. That will support the action and responses you want.

- learning how to do \_\_\_\_\_ to promote pleasure, meaning, or valuable results
- inspiring others to realize their strengths by \_\_\_\_\_
- earning \$\_\_\_\_\_per\_\_\_\_\_ to support and sustain the quality of life and security I want
- making a difference in or influencing my world by \_\_\_\_\_
- creating a product, service, or art form such as \_\_\_\_\_ that attracts, engages, or inspires others
- leading a family, group, community, or organization for everyone's benefit to accomplish \_\_\_\_\_

Or see what you want to take away or adapt from American essayist and poet Ralph Waldo Emerson's definition of success:

*To laugh often and much; to win the respect of intelligent people and affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because I have lived. This is to have succeeded.*

Neither the bulleted list above nor Ralph Waldo Emerson's definition mention money as an end in itself. That's because research shows money alone may not sustain happiness, another measure of success to some.

### **The Impermanence of Success**

In fact, little of importance tends to stay the same over time, whether money, happiness, health, relationships, work, or success. Each can shift, ebbing and flowing, temporarily satisfying appetites that eventually yearn for that often insatiable four-letter word — more. Or different or better.

### **Growth Mind Set**

I hope you avoid a fixed mind set as you think about your success. According to Carol Dweck, an example would be thinking you have to be born with all the smarts and talents. Instead, the Stanford University psychologist found just the opposite after three decades of research. People who believe their abilities can expand over time, those with a "growth mind set," are the most innovative.

They believe they can increase their abilities if they try and are willing to seek new strategies rather than succumb to fears of failure. Such openness and optimism is an attitude you can develop, if you don't have it already.

But maintaining a constant growth mind set is not automatic or even that easy. Whether or not you do, there is almost always a new challenge that may make you feel unready, unsteady, or inadequate. At such points, perhaps start by acting *as if* you are ready to proceed. That attitude may be your starter yeast for growth. To explore your own mindset, go to: <http://mindsetonline.com/>

## **BOTTOM LINE**

Success will evolve as you're willing to work, listen to your true self, and learn. When you sustain your patience and sense of humor, you'll be more likely to encourage others' interest and support. As always, take what's useful and leave the rest from this Introduction and the following short guides.

As Henry David Thoreau said, "if one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours." Combining a range of capacities and interests as many can over time, he was an American author, poet, philosopher, abolitionist, naturalist, tax resister, development critic, and surveyor. Considering his choices, you may want to believe for yourself "it's never too late to be who you might have been," as author George Eliot aka Mary Anne Evans said — especially if you find ways to integrate interests and don't try to do everything at once.

**For a holistic process that helps you promote your success, click on the link and Look Inside [Choose Courage: Step Into the Life You Want](#)**

