



Courage

A Woman's Inspirational Journal





This Journal Belongs To:

Date: _____



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*The bravest thing you can do when you are not brave
is to profess courage and act accordingly.*

—CORRA HARRIS

So often, we find ourselves immersed in the mundane tasks of this thing called life; and we rarely take the time to exhale and live to our fullest potential, desires, and dreams. Why? Because many of us have lost that one gift that elevates us to a new level of life and understanding: **Courage**.

Courage is the state or quality of mind and spirit that enables us to face danger, fear, or change with self-possession, confidence, and resolution—bravery. Using life lessons and finding a way to express ourselves help us move toward courage.

The Color Me Butterfly Journal Series is designed to guide you in self-discovery and inspire you to find more meaning, purpose, and joy. Whether you are at a place in your life that requires Courage, Hope, Love, or Reflection, select the journal theme that's appropriate for you, and take a few moments from your busy life each day to reacquire yourself with who you are and who you aspire to become.

Journaling empowers you to find your voice, reach new heights, and enhance your life. Allow the words to spark creativity and inspire you. Live in the moment. Trust yourself. And trust your words. Use them to pave the path of your journey.

A Butterfly goes through a remarkable series of changes before it transforms into a beautiful creature. With the Color Me Butterfly Journals, you can keep track of your inspiring thoughts and life's poignant moments as you move through metamorphosis and into the more beautiful and courageous woman you aspire to be.



