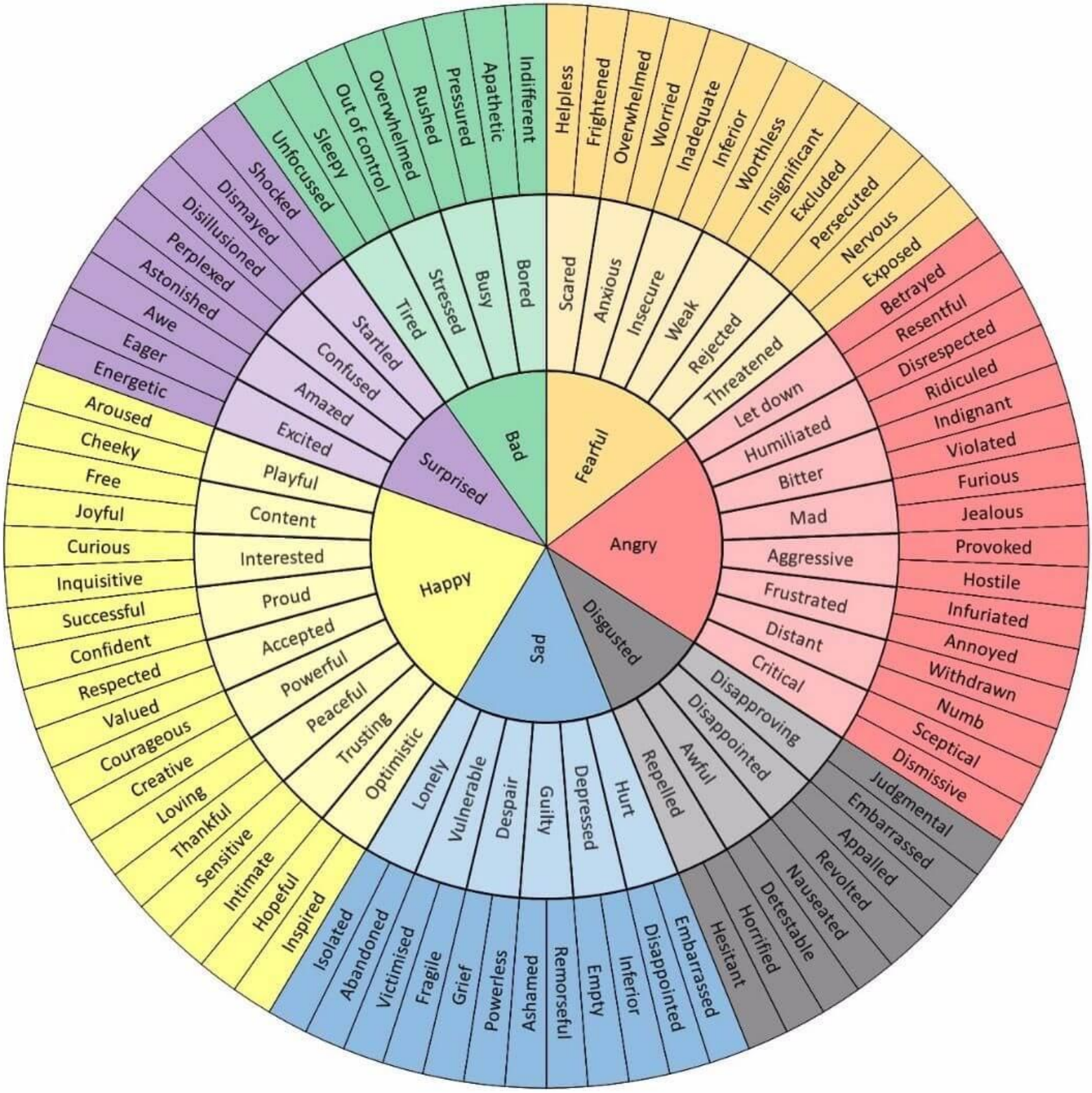
“Courage is not the absence of fear, but rather the assessment that something else is more important than fear.” — Franklin D. Roosevelt

We must acknowledge and embrace our emotions including how they shift over time and in what conditions. We must be clear on what our real priorities are – what is more important than those emotions. Then we must learn to act deliberately making our emotions work for us – just like embracing fear keeps us safe.