

# Everyday Courage for Extraordinary Times

## Video Library

**Video #1: Introduction – Everyday Courage, Every Day**

**Video #2: What are you afraid of? Our biggest fears**

**Video #3: Fear is a reaction, courage is a decision**

**Video #4: Caring is the parent of both fear and courage**

**Video #5: Distinguish between anxiety, fear, and worry and remove the DOOM glasses**

**Video #6: Anxiety-depression ping-pong and escaping confines of the comfort zone**

**Video #7: Give fear a name and a number and then keep it in the proper time zone**

**Video #8: Confront your irrational fears and choose your emotional battles wisely**

**Video #9: The Pyramid of Self Belief**

**Video #10: Reprogram negative self-talk – The Janitor in Your Attic**

**Video #11: Get your body into the act – courage and energy**

**Video #12: Leave behind your emotional baggage**

**Video #13: Eradicate toxic emotional negativity (The Pickle Pledge)**

**Video #14: Direction Deflection Questions: acting, feeling, thinking**

**Video #15: The Self Empowerment Pledge**

**Video #16: Brick walls are not there to stop you – perseverance is courage that endures**

**Video #17: The Nedlog Rule and The Hope Diamond**

**Video #18: Pray for your friends and then expand your circle**

**Video #19: Transform goals and dreams into Memories of the Future**

**Video #20: Courage, values, and leadership**

**Video #21: Proceed Until Apprehended – on being a leader**

**Everyday Courage for Extraordinary Times Library**  
**eBooks and Special Reports**

*Never Fear, Never Quit* – recommended to be read with videos 1-2

*The Heart of a Nurse Leader* – recommended to be read with videos 3-4

*Your Dreams Are Too Small* – recommended to be read with videos 5-9

*Your Most Important Speech* – recommended to be read with video 10

*How to Have More Energy* – recommended to be read with video 11

*Pickle Pledge* – recommended to be read with videos 12-13

*Winning the War with Yourself* – recommended to be read with videos 14-15

*Staying on Top When Your World's Upside Down* – recommended to be read with video 16

*The Healing Tree* – recommended to be read with video 17

*Pray for Your Friends* – recommended to be read with video 18

*Memories of the Future Guidebook* – recommended to be read with video 19

*These Are Your Values* – recommended to be read with video 20

*The 12 Rings of Leadership* – recommended to be read with video 21

**Follow-up resources:**

*The Values Coach Goal-Setting Workbook*

*360 Days to Change Your Life Personal Journal*

*Everyday Courage for Extraordinary Times Workbook*