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COURAGE is being brave enough to do what you should, even when you're afraid.

We all get scared – in fact, being afraid helps to protect us. But courage works like a superpower that we've all got inside of us – once we tap into that power, we are able to step out, step in, or speak up in order to do what we know is right. And once we've taken that first step into being brave – the next step, and the one after that – become that much easier.