

YOU

You might ask, what is courage?

and I would say...

Well, it's a force that paves your way.

Worried, confused, scared, embarrassed or lost,
courage can help solve all these, at no cost.

It is a feeling that leads you through the dark,
in times when you really need to make your mark.

If the water seems dark and deep,
open your heart and in courage will seep.

To take that first step, to take that first dive,
let your courage be your guide.

Deep in your body, heart, and soul
your courage will help you fill your goal.

What is courage, now you know,
it's you, as you grow!