



Courage Is Listening to Your Inner Voice

Glennon Doyle

Best-selling author, activist and speaker Glennon Doyle said that staying true to your inner voice is the key to being courageous, even when that voice leads you to make decisions that are unpopular with those around you. Her inspiring story of overcoming addiction, leaving an unfaithful husband, raising children and finding the love of her life is full of lessons we can all apply to our own journeys.

Takeaways

- 1. “Sometimes you doing the brave thing looks like the wimpy thing to someone else.”**
Glennon shared a story about her two daughters going to an ear-piercing appointment. Her youngest excitedly hopped onto the stool and bravely endured the immediate pain of both piercings at once. Her oldest was reluctant and though the attendants tried to encourage her to do it, she listened to her gut telling her not to. Both were brave in their own way.
- 2. “When we ask someone else what we should do, we’re asking them for directions to somewhere they’ve never been.”** Only we truly know the best thing for us to do. Glennon astutely pointed out that women especially look outward in times of uncertainty and that “along the way, we have lost ourselves.” She challenged women to listen and live by that inner voice rather than silence it.
- 3. “Courage is about living with integrity.”** Glennon shared that in the midst of working through her husband’s infidelity, her inner voice led her to fall in love with Abby Wambach, the U.S. soccer star who is now her wife. By trying to look to others for approval, we’ll end up losing our integrity and block ourselves from finding true fulfillment in life.