

"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow'."

Mary Anne Radmacher

Courageous Sages of Any Age

Over the past week, I've travelled to five retirement communities and led a workshop with one group of 20 people who shared stories exemplifying acts of wisdom, gifts they have freely given others (usually non-material,) and making choices to live their legacies, not just leave them. These are courageous and wise people who close their day with an intention to try again tomorrow. Courage doesn't roar very often for them anymore.

My travels ended with a visit to my son celebrating his 40th birthday. How did I get to this point in time so soon? Wasn't he 10 just yesterday? But now, not responsible for the planning and execution of a party, I thoroughly enjoyed his birthday dinner (at a lovely Italian restaurant) with Matt's fiancé and friends sharing stories exemplifying acts of wisdom, gifts they have freely given others (usually non-material,) and making choices to live with awareness of their future legacies. These are courageous and wise people who close their day with an intention to try again tomorrow. Courage doesn't always roar for them either.

In the everyday unfolding of our lives, no matter what age, our stories can tell us much about wisdom and gifts—our own and those of others. Think back to a time when you first knew you were good at something. What was it? How did you feel? And each day since, you have built on that wisdom whether your courage has roared or simply gotten you through the day.