



2 minute drill

for athletes



monthly tips from Positive Coaching Alliance

Moral Courage

When we think of people who are courageous, we think of firefighters and military personnel. And while these people are certainly courageous, there is another type of courage as well. PCA believes that moral courage, which is difficult to exercise, is just as honorable and important.

It is easy to follow everyone else, especially in school and on teams, even if you know what others are doing is morally questionable. Most people want to do what is right, but they lack the moral courage. A person with true character is not afraid to act alone to do what is right. Challenge yourself to be the player who sets high standards and lives up to them, even when other players don't. Before you know it, you'll become a leader on the team and others will follow your lead!

To read about *Triple-Impact Competitors* visit <http://www.positivecoach.org>



To purchase books by PCA Executive Director Jim Thompson, please visit:
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