



**1. CREATE A MANTRA**

**Verna van Schaik, the Guinness World Record-holder for the deepest scuba dive by a woman (221 metres) and motivational coach:** “In my search for dive records I was always outside my comfort zone, where fear was stronger than my desire. Willpower could never overpower it, but an ancient mantra I learnt in Nepal did – “*Om mani padme hum*,” which is a Buddhist prayer of compassion. In March 2004, I was trapped alone at 152 metres, with my fin caught in my guide line. As I began to panic, I remembered my mantra and chanted it to myself. Instead of becoming obsessed by fear, I found a calm space in which I could function. It allowed me to see choices that would have otherwise been invisible. That mantra saved my life, and eight months later I set the world record. My mantra gives me the space to breathe, think and act.”

**3. BELIEVE IN THE LIGHT**

**Ferrial Adam, climate change and energy campaigner for Greenpeace Africa:**

“Courage comes from facing a situation squarely, accepting the difficulties that are coming your way, and from believing deeply that you can overcome them. There is a light at the end of the tunnel, even if you can’t see it right now.”

**4. TAKE CONTROL**

**Brett Archibald, 50, fell overboard from a yacht off the Indonesian coast in April and survived for 28 hours before he was rescued:**

“Don’t panic. Focus on the reality around you, assess your environment and take control of your situation by making the right decisions and formulating a plan. Implement your choices with resolve, constantly analysing the results and fine-tuning them. Ensure you’re the one in control at all times. It helps to believe in what is most important – for me, that’s friends, family and faith.”



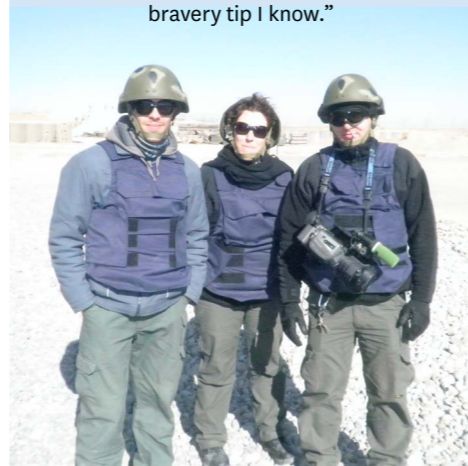
**Ways You Can Be Brave Today**

As these “ordinary” heroes show, bravery isn’t only about heroic acts in extraordinary circumstances – it’s also about being courageous every day, writes *Glynis Horning*.

**2. BE PREPARED**

**Paula Slier, war correspondent:**

“Life is about living the unexpected, but for so much of what happens to us, we can still prepare. If I have a meeting to attend, I do my homework, if I’m going to interview a president, I make sure I know everything there is to know about him or her. I’m often sent into war zones at the last minute, but there are always at least 20 minutes for me to download material about the place I’m travelling to, which I can read on the plane. There’s always time to prepare. The jitters will still be there, but knowing you’re ready is the best bravery tip I know.”



CREDITS: TBC.

**6. CHALLENGE YOURSELF**

**Redi Tlhabi, journalist, producer, TV and radio presenter, and the Alan Paton Award-winning author of Endings & Beginnings:**

“When I’m overwhelmed and afraid, I pause and ask myself, Will I feel better if I don’t give this a try? The answer is always no. This gives me strength to take on whatever challenge I face. In my line of work, I meet many ordinary heroes whose bravery knows no bounds. I observe their lives, listen to their stories and draw strength and inspiration from them. Whether it’s about challenging a powerful person, or speaking truth to power, I take a deep breath and tell myself I must try.”

**8. KNOW WHEN TO SURRENDER**

“When I’m overwhelmed or anxious, I tell myself I’m not in control of everything. I trust in a personal God. When things get too much and I’ve done all I can, I release them to the Big Boss.”

**Lisa Bobbert, an award-winning actress and singer, lost her daughter in a car accident 13 years ago.**

**5. LOOK FORWARD**

**Kavisha Seevnarain, a teacher and motivational speaker, was kidnapped four years ago, driven down the KwaZulu-Natal South Coast and pushed off a 60-metre-high bridge:**

“Lying in freezing water with a shattered pelvis and injured spine, it didn’t help to think about the men who did this to me and the terror of it all. I focused on one step at a time – first dragging myself onto a bridge support, then waiting for daybreak. Eventually, a pedestrian came past. I still use that forward focus when I’m struggling with a challenge.”



**7. CHOOSE TO BE BRAVE**

**Vicki Fourie is a motivational speaker, actress and writer, with 97-percent hearing loss:**

“Courage isn’t a gift; it’s a decision. When I wake up, I make a choice: Will I be afraid or brave? I can’t allow my circumstances – what people say to me, or what happens during the day – to hold me back or influence me in such a way that I can’t achieve my goals. My destiny is waiting for me, and I will be bold.”

