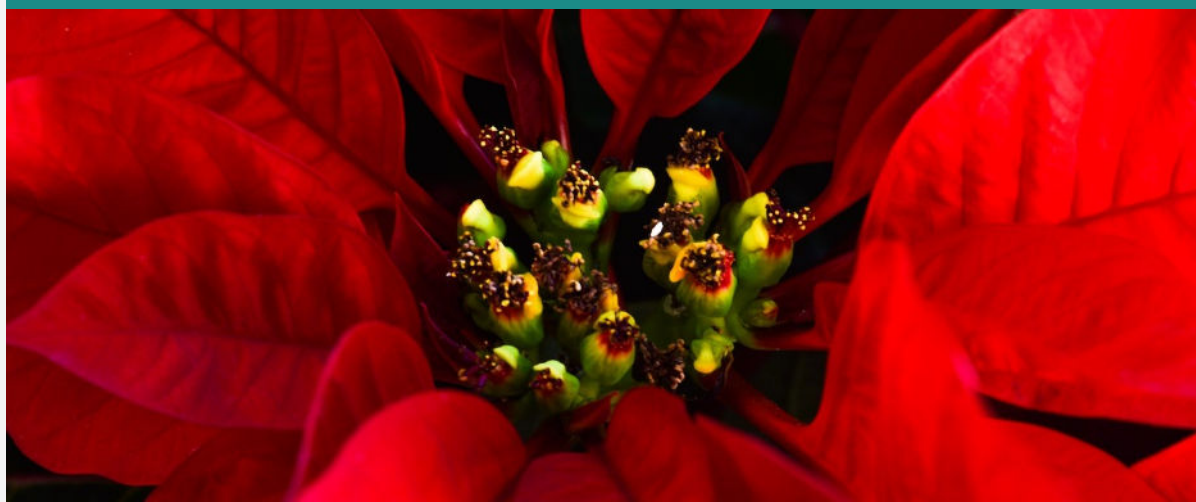




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Compassionate Wisdom | December 2024 | **Courage**



Dear {{ contact.FIRSTNAME | default : "friend" }},

A warm welcome to December's edition of Compassionate Wisdom, where we're excited to share gratitude from Victoria Coleman as we reflect on 2024 and look forward to the New Year. We also would like to take this opportunity to wish you a merry festive season and a new year filled with happiness. This month we're exploring the theme of Courage, the final of the Seven Foundations for Happiness and Peace. Courage is about embracing challenges and uncertainties with resilience and determination. It's not the absence of fear, but the ability to act despite it, fostering growth, confidence, and the strength to live authentically.

"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do. "

—Eleanor Roosevelt

Message from our Executive Director **Becoming our Friend...**

This month, our Executive Director, Victoria Coleman, shares an inspiring end-of-year message that reflects on FDCW's remarkable achievements throughout

2024. Her words capture the heart of our mission and extend a heartfelt invitation to [join us as a Friend of FDCW](#).

As we celebrate the progress we've made together, we thank you for your support on this shared journey. Together, we continue to nurture a world built on compassion and wisdom—one meaningful step at a time. Let's move into the new year united by our vision for a brighter, more connected future.

[Read Now](#)

The Foundation of **Courage**

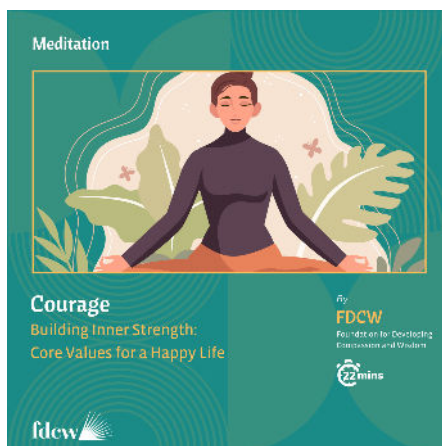
Courage helps us face life's challenges, not by eliminating fear but by learning to act despite it. It's a quality we can all develop through small, mindful steps and a willingness to grow.

Our latest article, "[How to Be Brave: Practical Steps to Overcome Fear and Anxiety](#)" shares practical strategies to build courage, including mindfulness exercises, reframing failure, and breaking challenges into manageable actions. These approaches make it easier to navigate fear and uncertainty with greater confidence.

Explore how you can cultivate courage in your daily life and take the first steps toward overcoming fear and anxiety.

[Read Now](#)

Exploring **Courage**



Guided Meditation

We're delighted to share a special guided meditation from our online course: [Building Inner Strength: Core Values for a Happy Life](#). Discover the calm determination within you to embrace life's challenges with courage.

[Listen Now](#)

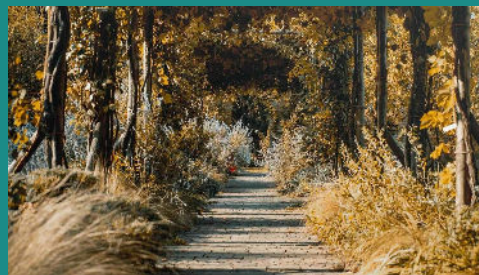


The Gift and Power of Emotional Courage

Video with Susan David

Psychologist Susan David shares how the way we deal with our emotions shapes everything that matters: our actions, careers, relationships, health and happiness.

Watch Now



Being a 16 Guidelines Facilitator

Curious about the impact of the 16 Guidelines? Hear from our facilitators as they share their journeys and insights.

Read Now

Until Next Time...

Once again, thank you for reading and supporting the Compassionate Wisdom newsletter. We hope you have enjoyed exploring Courage, the final of the **7 Foundations for Happiness and Peace**.

In January, we will be starting a new series of themes exploring the shadow side of the 16 guidelines. In case you missed our last edition on Contentment, you can [view it here](#).

We take this opportunity to offer our good wishes to you all for the holiday season, may it be filled with warmth, joy and connection.

Until next time...

Big love,
Victoria, Angela & Matt
Compassionate Wisdom by FDCW

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