



... overcomes fear.™

PHOTOS SPEAK M1



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FEAR IS THE ENEMY

IMAGINE

... you're the oldest of five kids in a mixed-race family. Your mom is Asian and your dad is Caucasian. You're always moving, starting over somewhere new. There's never enough money and you can't complain. If you do, your dad will make you do 10 push-ups, no matter where you are. He did his own push-ups in the aisle of a city bus once when he slipped up. This is how Ann Curry grew up.

Ann was born in Guam to an American Navy officer father and a Japanese mother he met while stationed in Japan during World War II. Because her father was in the Navy, the family moved around a lot, which was difficult always starting over in a new place. But Ann learned courage and strength early from her mom, who survived bombing raids, starvation, deadly illness and racism. Ann's mom taught her the Japanese word "Gambaru" which means, "never, ever give up."

Ann showed courage and didn't give up. She said that she has been "living lessons that have guided me from the beginning," including courage to face racism, gender discrimination and fear. Ann became the first person in her family to go to college, majoring in Journalism. She was told she would never make it as a journalist because she was a woman and Asian. While interning for a local TV station, Ann applied to be a reporter. There had never been a woman reporter because her producer believed "women didn't have good news judgment." But Ann had grit, letting her courage guide her like a flashlight, and the producer gave her a chance. When she left for another job, her producer said, "never let anything stop you from your dreams." Ann's courage impacted and changed him, as well.

Ann's guiding courage led her to report on stories of other people's courage. This has taken her to dangerous places like Baghdad, Sri Lanka, Rwanda, Darfur and the Congo (where the deadliest conflict occurred since World War II). Ann never let the risks keep her from pursuing the stories, saying "I can give voice to those

who need to be heard knowing... what's happening in the rest of the world gives you a chance to care and it is that empathy that offers the greatest hope." Ann understood, as a *treasure hunter*, that her opportunity to tell the world about others' struggles with war, famine, racism, harassment and illness would also show their courage and inspire people to have courage and hope.

Ann took the lessons she learned from her parents on courage, integrity and fairness to overcome her own barriers and fears – moving often, being poor, going to college, becoming the first woman reporter, other risks she's taken in her career. "You must battle fear and embrace possibility and hope and have that drive to push you to the life you're supposed to have," she says. How can you have courage like Ann to fight fear and embrace possibilities to write your best TrueSuccess lifestory?

Note: See more lifestories, videos and more: www.TrueSuccessTools.org.

QUESTIONS LEAD TO UNDERSTANDING M2/5

1. What evidence is there that Ann showed courage in her life? How did having courage help guide Ann?

2. What challenges did Ann face that helped her develop courage? How did Ann's courage impact others?

3. How can you learn from Ann's lifestory? How can you use courage in your life to overcome fear and challenges?

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