

## TOPIC: A coward Dies a Thousand Times Before Death

### Outline

#### 1 Thesis Statement:

Indeed, a person afraid of death dies a thousand times before facing actual death.

As Jim Butcher wisely said

"But the only way never to do the wrong thing is never to do anything."

When Julius Caesar was advised not to go outside by the priests, he did not stop. He felt that we never know what God wants to happen. Caesar said death is inevitable and can never be avoided. So, despite all those warnings, Caesar stepped out and proved he is not an animal without a heart.

#### 2- Introduction:

Shakespeare uses death as a metaphor because a person cannot physically die multiple times in a single lifetime. He further uses the metaphor of death to convey how a person feels inside when they run away from any difficulty. The person dies a little inside each time.

3a- whereas a valiant lives one's life in a thousand ways with bravery and courage:

"A lion's one day's life is better than the life of a thousand years of a Jackal."

b- They face challenges and go beyond limits:

- Abraham Lincoln
- Nelson Mandela.
- Malala Yousafzai
- Muniba Mazari.

"Have the courage to act instead of react".

c- 'The valiant never taste of death but once'.

4- Characteristics of a cowardice:

- a- Succumbing to a "yes" mentality.
- b- Engaging in blame shifting, revealing a lack of leadership qualities.
- c- shying away from challenges.
- d- Easily succumbing to fear, resulting in a loss of strength of character.
- e- Procrastinating or neglecting responsibilities.
- f- Fearing failure.
- g- viewing life through the lense of suspicion and doubt.



"Tomorrow never comes" and "Better late than never".

### 5. Overcoming Cowardice:

- a. Develop personal principles and core values such as courage, justice, temperance, self control etc.
- b. Embrace a positive psychology approach by stepping out of the comfort zone.
- c. Confront obstacles with disciplined action and steadfast will.
- d. cultivate resilience, as Tim Grover notes in "Winning: The unforgiving Race of Greatness".

"Resilience is the power to stay in the fight when your fear is telling you to run".

### 6. Conclusion:

In conclusion, the echoes of Shakespeare's metaphors remind us that the fear of death, when embraced, leads to a life fully lived. To avoid the agony of a thousand internal deaths, one must mirror the brave or follow the examples of brave leaders, face challenges head on, and forge a path of courage, resilience, and self discovery. In doing so, we not only conquer the fear of death but also savor the richness of a life lived without the chains of cowardice.