COURAGE

NAME

DATE

Building courage is like building a muscle. To get strong, you lift weights, and to become brave, you do courageous things. There is no shortcut to earn this important character strength. If you are unsure of your ability to achieve the hard goals you have right now, make a list of what you have done before that exhibited bravery, and then add the factors that allowed you to be brave. For example, did you take action after imagining all of the positive outcomes of taking a hard step? Did you listen to a podcast that gave you the courage to take a similar risk? Did you talk to a trusted mentor who gave you permission to be bold? Make a list with your thoughts and descriptions.

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