

Date: _____

Self-Reflection Activity: Courage

Enacting *courage* means intentionally and knowingly approaching a noble, worthwhile goal despite the presence of risks, threats, and, oftentimes, fear. *Courage* can be used to pursue meaningful goals in the face of physical (e.g., protect others from harm), social (e.g., standing up for beliefs when others disagree), psychological (e.g., facing inner fears), or moral (e.g., regulating destructive habits) obstacles.

Think about your experiences **in the past 7 days**. Did you intentionally face risks to support a noble cause, uphold justice, or pursue a personally worthwhile end? On a **scale from 1-10** (1 = strongly disagree, 10 = strongly agree), rate how much you agree with each of the following statements to identify your current thoughts, feelings, and behaviors related to *courage*.

Rating

- _____ 1. I faced my fears last week.
- _____ 2. Even if I felt terrified, I stayed in scary situations until I had done what I needed to do last week.
- _____ 3. Last week, I did things even though they seemed to be dangerous.
- _____ 4. Last week, even if I felt worried or anxious about something, I faced it anyway.
- _____ 5. Last week, if there was an important reason to face something that scared me, I faced it.
- _____ 6. During the last week, even when something scared me, I did not back down.

Digging Deeper

Based on your ratings above, how satisfied are you with the way you exhibited courage? Explain.

How do you typically express courage in day-to-day life?

Consider a past or current role model/mentor. What is admirable about the way they express courage?

Courage entails perceived risks, threats, and fears. For you, what are some noble causes or worthy goals that make courage worth it?

The Extra Mile

If you feel up to the challenge, we invite you to tackle one of the following growth activities. These may take more time or push you out of your comfort zone, but meaningful engagement is a worthy investment. Good luck!

1. Inherent to courage is a worthwhile goal. Doing something risky for an unimportant reason isn't brave, it's foolish! Keeping our important goals front-of-mind can help us enact courage when challenges arise. Write down 3-5 of your most important goals. Research shows that people tend to be bravest for our relationship, prosocial, and spiritual goals – so consider the goals you have that involve other people, aim to make a positive difference, and implicate your faith in some way.
2. Also inherent to courage is *approaching* obstacles versus *avoiding* them. A lack of courage, cowardice, comes from the Latin term for “tail,” implying turning and running away with one's tail tucked between their legs. Reflect on a recent time when you successfully approached a challenge – what resources enabled you to move towards difficulty?
3. Encouragement refers to instilling hope, perseverance, and courage in another (Wong, 2015). Who is someone you can encourage? Think of one person who might be going through a tough time and encourage them as they face their challenge. Think of another person in whom you see great potential and encourage them to keep using their strengths well.