

COURAGE & BRAVERY

You have the courage to act according to your convictions rather than other people's expectations. You may feel fearful but you face the day with courage no matter what. You are of good cheer through pain, humiliations or illnesses. You are bigger than these.

What are the signs of courage and bravery?

What type of jobs might suit a person who is brave?

What advantage is there in being brave and courageous?

Make a plan to increase your courage!

This is a situation where it would be helpful to have more courage:

This is what would help me to be courageous (e.g. discuss it with someone I trust):

This is when and where I will be courageous:

To remind yourself to do this PRINT or TAKE A PHOTO of this page.