



COURAGE - mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty (bravery, valor, endurance).

In crisis, it is common to get discouraged and feel hopeless. Courage is not simply a set of brave or bold actions. Courage is an inner quality of integrity and fortitude, the choice to make it through, no matter the outcome.

QUESTIONS TO ASK

- Why is this your priority?
- What about this resonates with you?
- Describe qualities of courage.
- What does it mean to be courageous during crisis or times of hardship?
- When you look back on this time five years from now how will you know you embodied courage?
- How can courage guide your decision-making?
- Who or what does this priority serve and how does it help?
- Imagine yourself in a situation where you are being courageous. What does that feel/sound/look like?

INDIVIDUAL CONSIDERATIONS

Courageous people turn and face suffering, unpleasantness, pain, and hardship. They shy away from pleasure seeking and distraction in favor of clearheaded acceptance of the situation.

LEADERSHIP CONSIDERATIONS

Courageous leaders weigh input from many sources and choose the path of integrity, even if that choice is difficult or unpopular. They avoid placing blame in favor of compassion and personal accountability.

EXPLORING COURAGE

Write one sentence a day about courage.

Use “courage” as a mantra while you work out, do dishes, or in the shower.

Think of someone you admire who has shown courage.