PRACTICE EXERCISES

COURAGE

WEEK THREE

★ The number of stars represents the degree of difficulty. ★

Answer Me This, Please

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Courageous people often don't talk about brave things they've done. That's especially true of older people. They don't see deeds of courage as more than "something that had to be done." So you'll never know if you don't ask. Your assignment is to go to **three people over 65** and ask: "Can you tell me 2 or 3 things you did even though you were afraid or not sure how things would turn out?" Ask if you can record their answer on your smartphone. You'll be inspired!

Scavenger Hunt

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Courage comes in many forms. Think carefully and identify a person for each category.

A person who endures a lot of challenges.

☐

A person who stands up for what he/she believes.

☐

A person who has sacrificed a lot for others.

☐

A person who has been willing to risk failure.

☐

Now that you have identified four people, your goal is to affirm each of them with a specific statement of admiration about the way they impress you.

But--and here's the special twist--don't do it in a note. Say it directly to them. Why? Many people have a hard time speaking from the heart. They feel embarrassed or self-conscious. It's good to practice getting over those kinds of hurdles.

Do that for all four people, and put a check mark in the box beside their name when you've spoken to them face to face.

"You Can't Handle the Truth..." or Can You?

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Nobody likes criticism no matter how constructive it is. So most of us like to avoid it as much as possible. Sometimes it can hurt more than a root canal, especially if it comes from people you wish would think better of you.

It takes courage to come right out and ask for an honest assessment. Plck out two people who know you well. Ask for their honest assessment of the question below. (Assure them that you won't be upset or offended.)

Of the five character traits in the list on the right, which two do I need to work on improving the most, and why?

COURAGE	INDUSTRY
DILIGENCE	INTEGRITY
GENEROSITY	PERSEVERANCE
GRATITUDE	RESOURCEFULNESS
HONESTY	RESPECT
HUMILITY	VIGOR

Circle their responses above, then jot down a brief explanation here and on the back side.

Want all 30 courage exercises in our full-color 60 page workbooks? **bit.ly/courage-hardcopy** or scan the QR code.

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